

GET ACTIVE

Did you know that being active is important for your eye health?



For more information visit:
www.visionmatters.org.uk



**NATIONAL EYE
HEALTH WEEK**
MONDAY 23 – SUNDAY 29 SEPTEMBER 2019
YOUR VISION MATTERS

Being physically active has been shown to reduce your risk of visual impairment by 58 per cent versus somebody with a sedentary lifestyle. R Klien et al