

**BEST EYE  
HEALTH  
HABITS  
#1**

# **BE EYE AWARE**



**Call your local  
optician if you  
notice a change  
in your vision  
or have any  
concerns about  
your eye health.**

**for more information visit  
[www.visionmatters.org.uk](http://www.visionmatters.org.uk)**



**NATIONAL EYE  
HEALTH WEEK**  
MONDAY 21 – SUNDAY 27 SEPTEMBER 2020  
**YOUR VISION MATTERS**