



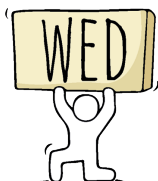
### **What's your Eye Q?**

How smart are you when it comes to looking after your vision and eye health



### **Is Your Vision Roadworthy?**

The importance of good vision for safe driving



### **Kids' Eye Health.**

Including the benefits of outdoor play for myopia prevention and control



### **Eye Health and the Menopause.**

How fluctuating hormones during peri-menopause /menopause can affect your eye health



**Eye Test Action Day.** A reminder about why eye tests are essential health checks & My Vision Matters because... social media activity\*



**Treating Minor Eye Conditions.**



**'Eye Tech'** and visual aids to help those living with low vision.

*\*Complete the My Vision Matters Because... banner and share a photo on social media using the hashtag #FrEYEday.*

# **DAILY THEMES**

**19–25 September 2022**



**NATIONAL EYE  
HEALTH WEEK**  
MONDAY 19 – SUNDAY 25 SEPTEMBER 2022  
**YOUR VISION MATTERS**