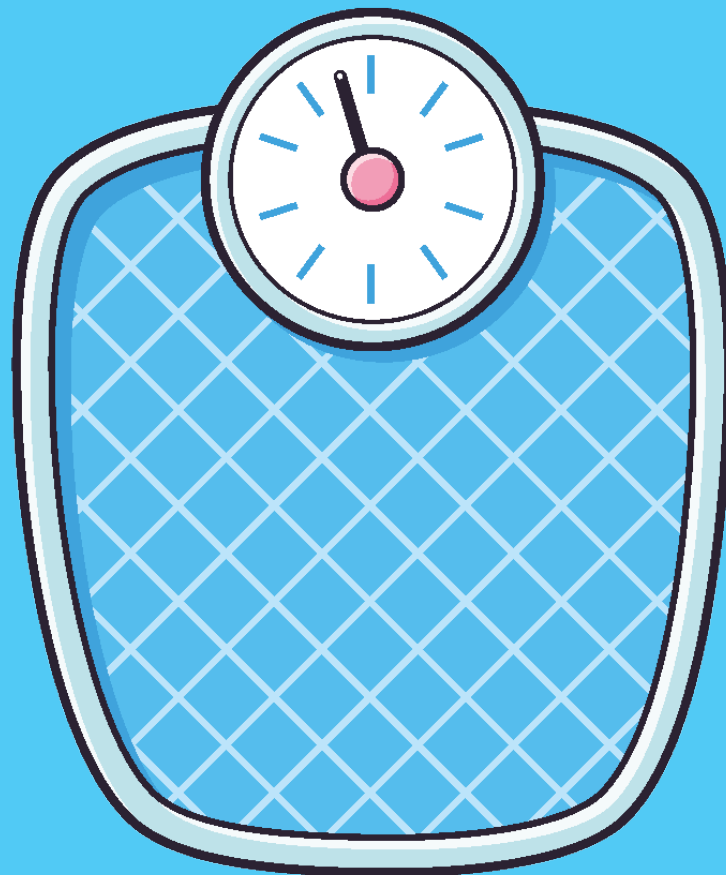


WATCH YOUR WEIGHT



Being overweight is a risk factor linked to all four major causes of sight loss - glaucoma, diabetic retinopathy, cataracts & macular degeneration.

Find out more about looking after your eyes at visionmatters.org.uk



NATIONAL EYE HEALTH WEEK
MONDAY 23 – SUNDAY 29 SEPTEMBER 2024
VISION MATTERS

National Eye Health Week is a public health campaign run by Eye Health UK (registered charity 1086146)