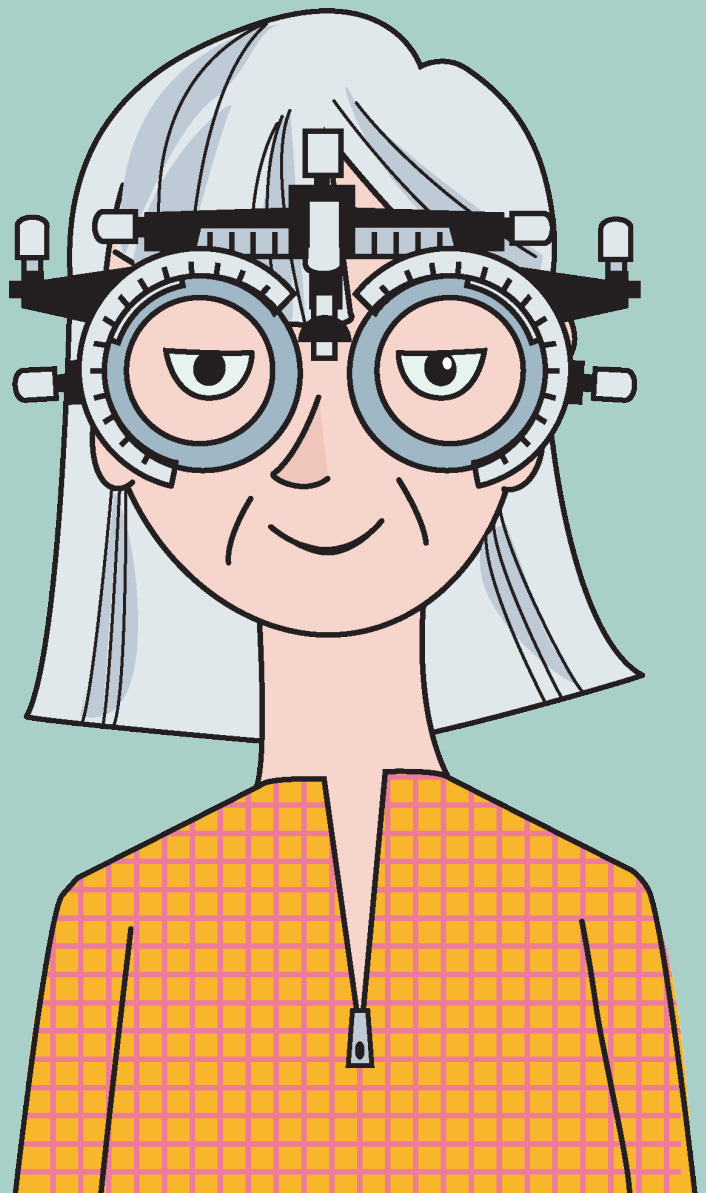


# HOW'S YOUR SIGHT SEEING?

**Regular eye tests, once every two years unless advised otherwise by your optometrist, are essential health checks for EVERYONE!**

As well as spotting sight threatening eye conditions, routine eye tests can also detect a range of other health issues such as high blood pressure and diabetes.

For more on looking after your eyes visit [visionmatters.org.uk](https://www.visionmatters.org.uk)



**NATIONAL EYE  
HEALTH WEEK**  
MONDAY 18 - SUNDAY 24 SEPTEMBER 2023  
**YOUR VISION MATTERS**