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# NEWSLETTER

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We look forward to seeing you in 2019

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February is the perfect time to think about your eye care and eyewear for the coming year

So why not book your appointment and take advantage of our guarantee of a warm welcome, friendly and professional service and some super offers on popular options

**Free contact lens trial**

**New styles in Radley and Michael Kors**

**And coming soon ..... new designer brand**



# COACH

# LOVE YOUR EYES



Wear your latest prescription and call in for regular adjustments to make sure your glasses are fitting correctly



Protect your eyes when at work or doing jobs around the house and garden and wear watertight goggles over your contact lenses for swimming



UV rays are harmful to the eyes and skin around them so wear sunglasses with 100% UV protection



Make sure that you have good lighting in the workplace and when studying, reading and doing concentrated near vision tasks



Eating your five a day fruit and vegetables keeps your eyes healthy and can guard against dry eyes, cataract and AMD



Be a safe driver by wearing your prescribed glasses with a reflection free coating, and check your vision reading a car number plate at six car lengths

We aim to provide a friendly and professional service for all of your eye care needs