

Make Vision a Health Priority

With today's medical advances, more and more people are living longer and celebrating good health: They are eating healthy foods, they are staying active, they are controlling their blood pressure and cholesterol levels, and they are not smoking.

Practice good eye health – visit your eye care professional at least once a year.

MAY IS NATIONAL SIGHT-SAVING MONTH

Below are some of the links for more information about eye health

National Eye Institute www.nei.nih.gov/healthyeyes

National Library of Medicine Medline Plus www.medlineplus.gov

Prevent Blindness America www.preventblindness.org

Web MD www.webmd.com/eye-health/features