

Make 2023 the **Year of Great Vision**

Call us to schedule
your eye exam

Today!



**PROTECT
YOUR VISION**
with these
5 tips

Get a Comprehensive Eye Exam: It's the best way to know if your eyes are healthy and you're seeing your best. Reading a chart at your physical or at the DOT is **NOT** an eye exam, see a professional!

Live a Healthy Lifestyle: Maintain a healthy weight and eat foods like fish and dark leafy green vegetables to lower your risk of eye disease.

Know Your Family History: Genes are a factor in eye disease, including the diseases that are the leading causes of blindness.

Use Protective Eyewear: Safety glasses or goggles can protect your eyes at work and at play. Talk to your eye care provider about the right protective eyewear for your sport or job.

Wear Sunglasses: Protect your eyes by choosing sunglasses that block out 99 to 100% of both UVA and UVB radiation.



wood**VISION**
C L I N I C

Iowa Falls Hampton Parkersburg
www.woodvisionclinic.com
713 South Oak Street
641.648.3306