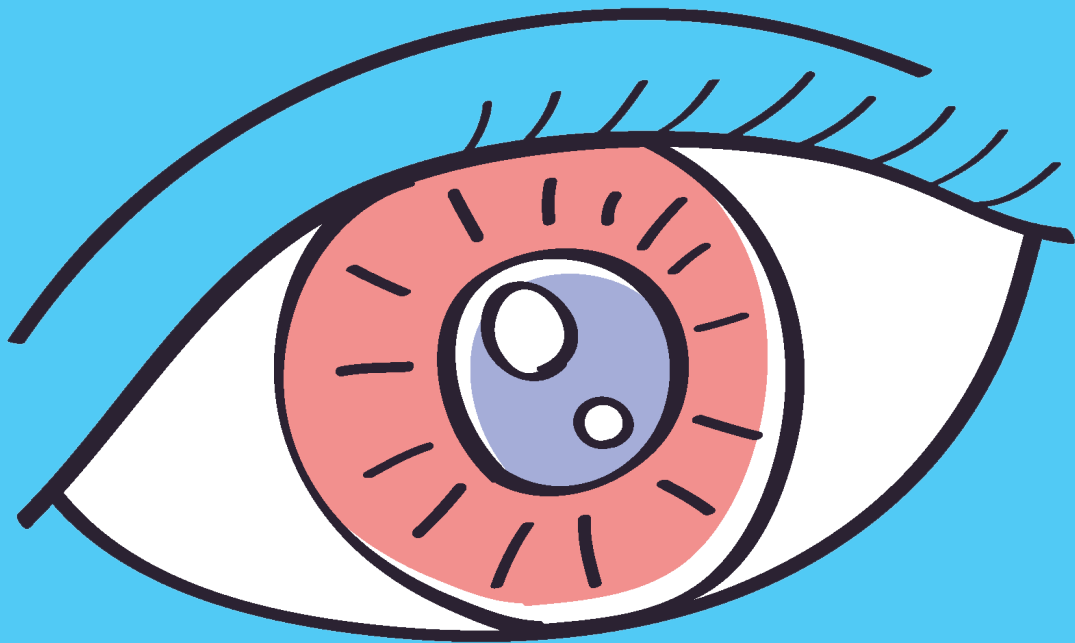# YOUR ESSENTIAL HEALTH CHECK

As well as checking your vision and eye health, routine sight tests can also spot signs of general health problems, including heart disease and diabetes.

Find out more about the importance of regular eye tests at **visionmatters.org.uk**

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