

# HAVE YOUR VISION CHECKED



## STAY INDEPENDENT. *Prevent falls.*

- ▶ Visit an eye doctor for an eye exam every year.
- ▶ Older adults with low vision are 2.5 times more likely to fall.
- ▶ A comprehensive eye exam will test your eyes and look for issues like glaucoma and cataracts.

[www.westernhealth.nl.ca/balance](http://www.westernhealth.nl.ca/balance)

