

Summerland Optometry



WELCOME TO OUR

Monthly Newsletter

◆ December

Hello December!

Our last newsletter of the year is here!
Full of eye care, eye candy, and holiday
cheer, all tied up with a bow!

From all of us at

Summerland Optometry:

We're so grateful for our wonderful
patients and the trust you place in us to
care for your vision. Wishing you and your
loved ones a season filled with joy, health,
clear vision and holiday magic!

Stay cozy, and enjoy the read...

Happy Holidays to all!



In this newsletter you will find:

↓ THE list, Festive Frames, & a gift guide! Read on...



Which Festive Frame is on your wishlist?

They're making a list..

Nice List ✓

- **Wearing sunglasses** to protect against UV rays.
- **Following the 20-20-20 rule** to reduce digital eye strain.
- **Getting regular eye exams** to keep your eye health in check.
- **Replacing** your contact lens case every three months.
- **Taking** the recommended dose of omega-3s (2000mg)
- **Cleaning** your glasses with mild dish soap and warm water to avoid scratches.

Naughty List ✗

- **Sleeping** in your contacts
- **Skiping** your annual eye exam.
- **Rubbing** your eyes and risking irritation.
- **Ignoring** screen time breaks—ouch for your eyes!
- **Forgetting** to remove makeup before bed.
- **Wearing** the wrong prescription or damaged glasses.

CLASSIC – TIMELESS, PROFESSIONAL, CLASSIC.



TRENDY – FASHION FORWARD WITH PERSONALITY.



MINIMALIST – SIMPLE, CLEAN LINES WITH SUBTLE DESIGNS.



BOLD – VIBRANT COLORS, PATTERNS, AND UNIQUE SHAPES.



Holiday Gift Guide

FOR THE GUY OR GAL WHO SEEMS TO HAVE EVERYTHING...



ALUMIERMD
CALMING COLLECTION



We have more
gift ideas at the
office, come
check them out!



New Years Resolution

Our 2025 goal is to continue to empower our patients with comprehensive education, ensuring they have the knowledge to make informed and confident decisions about their eye health.



Function & Fashion • Vision & Values
Sight & Style • Eye health & Eye ware
it's nice to see you...

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