

Summerland Optometry

MAR 25



Don't forget about our eye health resolutions from the New Year:

March: **20-20-20 Rule.**
Every 20 minutes, look 20 feet away for 20 seconds when doing close work/work on screens.

March



March Into Spring with Summerland Optometry!

As we welcome March, we're excited to connect with you and share info on an exciting giveaway, make sure your kids are ready for Spring Break fun, and pass along some spring cleaning tips!

We hope this month brings new opportunities, fresh starts, and plenty of sunshine your way. Stay tuned for everything we have in store!

We're also excited to announce that **Summerland Optometry is hiring**—read on for more information!



In this edition find...

Spring Break tips, Giveaway info, Spring cleaning, and more...



Spring Break and kids eye health...

Spring break is here, and it's time for fun in the sun! Here are a few quick tips to keep your kids' eyes safe while they play:

1. Sunglasses Are a Must!

- Make sure they're wearing 100% UV-protective sunglasses to shield their eyes from the sun.

2. Screen Time Breaks

- Follow the 20-20-20 rule to prevent digital eye strain: every 20 minutes, take a 20-second break, and look 20 feet away.

3. Stay Hydrated

- Keep your kids hydrated to maintain healthy, comfortable eyes.

4. Protective Sports Eyewear

- Ensure they're wearing the right eyewear for sports to avoid injuries.

5. Book an Eye Exam

- Spring break is a great time for an eye exam! Schedule today for clear vision all year round.



March Giveaway!

70% off Prescription Maui Jim Sunglasses!

With all this beautiful sunshine, there's no better time to update your eyewear! This month, we're giving you the chance to **win 70% off prescription Maui Jim sunglasses!**

These premium shades not only protect your eyes but also deliver crystal-clear vision. Don't miss out on this amazing giveaway and enter our draw on your next visit to see us!

Get ready to enjoy the sunshine in style!



Front Desk Coordinator Position Available

We are seeking a **highly motivated** and organized individual to join our team as a full-time Front Desk Coordinator, starting in **April**. If possible, we would love for you to drop off your resume in person, so we can meet you! Alternatively, you can email it to amywall@summerlandoptometry.com. We look forward to meeting you!

World Optometry Day

World Optometry Day is celebrated annually on **March 23rd** to honor the incredible work optometrists do in improving vision and overall health worldwide

It's a day to recognize the vital role optometrists play in helping people see clearly, prevent eye diseases, and enhance quality of life. Let's take a moment to appreciate the vision care professionals who make the world a clearer, brighter place!



Spring Cleaning...

FOR YOUR GLASSES



Glasses Cleaning Tip:
Keep your glasses clean with mild dish soap and warm water. Gently wash with your fingers, rinse thoroughly, and avoid harsh chemicals or paper towels. Dry with a soft microfiber cloth to prevent streaks and protect your lenses!



FOR YOUR EYES



Lash Cleaning Tip:
If you're noticing irritation, redness, or itching around your eyelids, it could be caused by Demodex—tiny mites that can affect your skin and eyelids. This spring, contact us to see if our in-office Zest Treatment is right for you. We gently cleanse, remove oil and debris, and target those pesky mites for refreshed, better feeling eyes!



IN THE HOME



Spring Cleaning Tip for Your Home:
Clear Out Old Glasses & Sunglasses!
Did you know we accept old frames/sunglasses & even prescription glasses for donation to those in need? Bring in your unused pairs and help someone else see clearly this spring!



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

