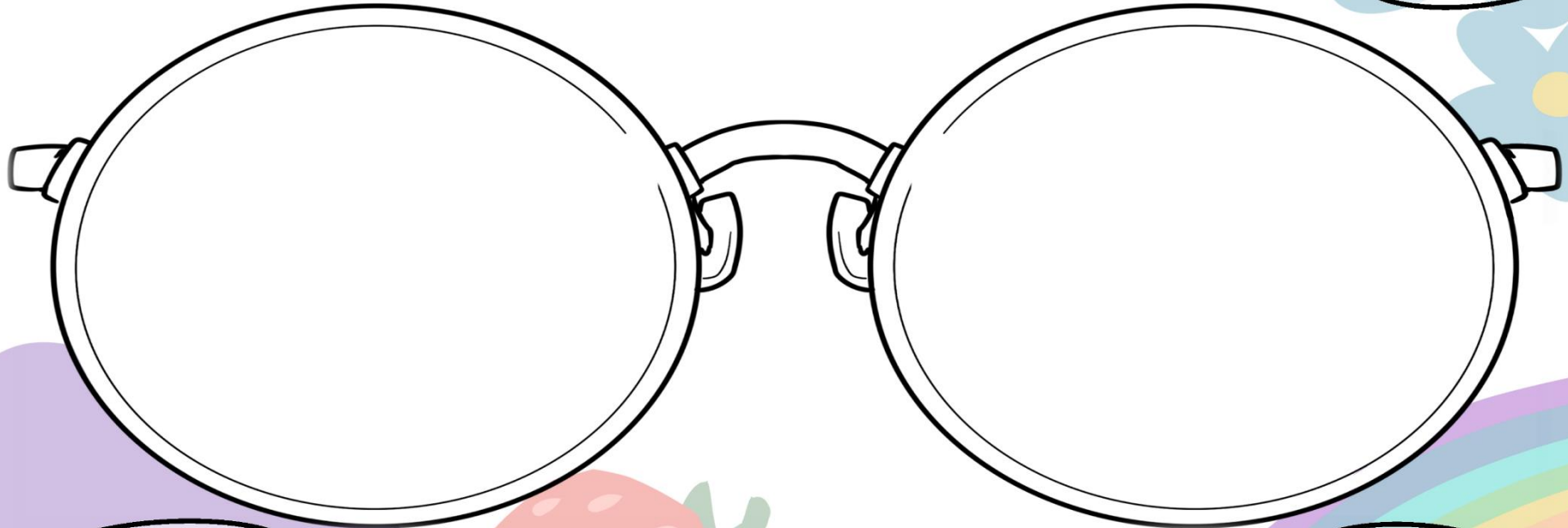


# What would you see through glasses!

draw your picture and enter a prize draw to celebrate  
**NATIONAL EYE HEALTH WEEK 2024**  
What would you do to care for your eyes?

.....



*Go Outdoors - Sunglasses and a hat with a wide brim can also help protect your eyes.*

*Go outdoors - Don't spend time long periods of time on computers, tablets, smartphones, and watching TV. Did you know that Spending time playing outdoors, is health for your eyes. So, make sure you get out and get active every day.*

*Eat a rainbow - Eating a rainbow of colourful fruit and vegetables help to ensure your eyes get the nutrients they need to grow healthily. Foods like tomatoes, melon, grapes and blueberries as well as fish, chicken, eggs and whole grains are packed with eye-friendly nutrients.*

**Devon LOC and Improving Lives Plymouth** are celebrating **NATIONAL EYE HEALTH WEEK** in September by inviting 13 years and under to draw what they would see behind their glasses! It can be any picture. the more creative and imaginative, the better!

What to do...

1. Draw your picture of what you would see from behind your glasses.
2. Complete the question on the front page.
3. Provide your contact details below.
4. Take it to a local participating Opticians to enter the prize draw: Love2shop gift vouchers: 1st prize: £25; 2nd prize: £20 and 3rd prize: £15 in your age group. 0-4 years, 5-8 years and 9+ age group for judging.
5. Entries need to be with your Optician by the 27<sup>th</sup> September, entries received after this date will not entered.

Find out more at: [www.devonloc.co.uk/New and Events/Competitions](http://www.devonloc.co.uk/New%20and%20Events/Competitions)

NAME: \_\_\_\_\_ . Age: \_\_\_\_\_

Parent's /Guardian's name: \_\_\_\_\_

Signature: \_\_\_\_\_

Telephone number: \_\_\_\_\_

email address: \_\_\_\_\_

Post code: \_\_\_\_\_

THANK YOU FOR PARTICIPATING!