

Free Workshop

Good vision is precious! Who doesn't want to see beautiful sunsets; the changing seasons; the pages of a book; the faces of loved ones...?



Keeping your Vision 20/20 in 2020

2 pm – 4 pm

February 25, 2020

Pleasant Hill Senior Center – Chateau Room

233 Gregory Lane, Pleasant Hill

You will learn from vision professionals:

- What is normal eye aging and when to seek medical advice;
- Tips/tricks to avoid eye strain, helpful eye exercises, and nutritional information;
- Techniques for safe driving, especially at night;
- The relevance of family history; and
- MUCH more!

The workshop will also include a Q&A session, free eye screenings, and a resource table to provide additional information about community resources.

Light refreshments will be served courtesy of the Lions Club.

This is a free event, but **pre-registration is required**. Space is limited to 50 participants! Register by contacting Danielle Habr at (925) 671-5221 or dhabr@pleasanthillca.org.

This event is brought to you by:

Pleasant Hill Commission on Aging • Pleasant Hill Lions Club • Pleasant Hill Senior Center