



OCULAR NUTRITION... WHAT FOODS ARE GOOD FOR YOU & YOUR EYES?

DR. KARA VANDERHEYDEN IS BACK!

GRAB A FRIEND AND COME JOIN US

APRIL 19TH, 2016 AT 7:00PM

IN THE DAUPHIN SENIOR CENTRE TO LEARN MORE
ABOUT WHAT FOODS ARE GOOD FOR YOUR EYES.

**ARE CARROTS
REALLY GOOD
FOR YOUR EYES?**

**WHAT'S ALL THIS
HYPE ABOUT
SPINACH?**

**WHAT FOOD IS
GOOD FOR DRY
EYE?**

**WHAT VITAMINS
ARE GOOD FOR
YOUR EYES?**

BROUGHT TO YOU BY:

**ASHCROFT VISION
CARE
&
DAUPHIN SENIOR
CENTRE**