



*A healthy diet
ensures a
clear vision
for our future*

Regular eye exams are essential in maintaining healthy vision

A comprehensive eye exam between ages 3 and 5 can significantly improve your child's success at school and in life

- 1 in 4 Aboriginal children is at risk for a vision problem
- 80% of learning in school is based on what a child sees
- If a child cannot see, it makes learning more difficult



*Talk to your community health provider or nurse
for information about having an eye examination*

Contact the Canadian Association of Optometrists
for an eye doctor in or near your community

1 888 263 4676 www.opto.ca

A vision and eye health message from the Vision Institute of Canada in partnership with:



NATIONAL COLLABORATING CENTRE
FOR ABORIGINAL HEALTH
CENTRE DE COLLABORATION NATIONALE
DE LA SANTÉ AUTOCHTONE

The Canadian
Association of
Optometrists



L'Association
canadienne des
optométristes

VISION
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