

Monthly Newsletter

Healthy Aging Month

Getting older doesn't have to mean losing your vision. While some vision changes are a normal part of getting older, vision loss related to eye diseases and conditions can be prevented. Learn how healthy eye habits, like getting a regular dilated eye exam and eating a diet rich in dark leafy greens, can help keep your sight strong for years to come.

Why this is important:

- Healthy habits matter: eating well, staying active, not smoking, and wearing UV-protective sunglasses can support long-term eye health.
- Changes in vision shouldn't automatically be dismissed as "just getting older." Sudden or significant changes should always be evaluated.

Spectrum Eye Center

Savings At Spectrum

Eyewear Trunk Show – 30% Off and Giveaways

Spectrum Eye Center's next Eyewear Trunk Show is Tuesday, October 6th, from 12–6 PM!

Shop a great selection of eyewear from brands like Tom Ford, Michael Kors, Polo and Ralph, enjoy 30% off, and enter for a chance to win exciting giveaways.

**TOM
FORD**



POLO
RALPH LAUREN

Get 50% Off Your 2nd Pair!

Buy one pair of prescription eyeglasses and get a second pair of prescription lenses 50% off.

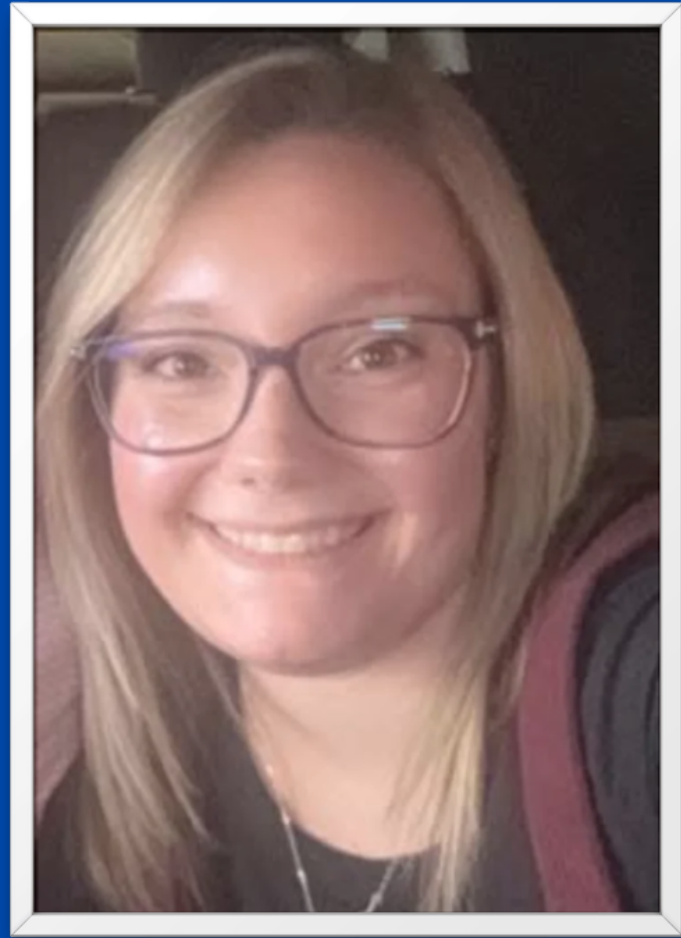
Please ask our Optical Associates for offer details.



SpectrumEyeCenter

Employee HighLight: Rhianna May

About Rhianna: Rhianna is a valued member of Spectrum Eye Center's Optical Department and will celebrate three years with the team this November! She loves getting to know patients and helping make sure they feel comfortable, confident, and happy throughout their visit. One of her favorite things about working at Spectrum Eye Center is the close-knit atmosphere, saying everyone feels like family and makes coming to work fun.



Outside of the office, Rhianna loves spending time with her husband and two kids, Waylon and Ava, especially on trips to the beach or relaxing together on football Sundays. She's also a coffee-loving morning person who enjoys fall weather, her two dogs Alaska and Dallas, and a little Dancing with the Stars in her downtime.