

# Social Calendar

F E B R U A R Y

## Reduce Your Risk for Macular Degeneration Low Vision Awareness Month



Avoid Smoking



Exercise Regularly



Maintain Normal Blood Pressure & Cholesterol



Eat A Healthy Diet

## Low Vision Awareness Month

February is Low Vision Awareness Month! Did you know age-related macular degeneration (AMD) is the leading cause of low vision for those over 50? Along with diabetes and glaucoma, it's a top concern—but small lifestyle changes can make a big difference. ✨ Regular eye exams with your trusted eyecare professional help protect your vision and keep your eyes healthy as you age. 🗨️ Call us today to schedule your next exam!

[Download Photo](#)

### Timing

Month of February

### Hashtags

#lowvisionawarenessmonth  
#eyecare  
#eyehealth  
#lowvision

### Hashtags

#dillidallikids  
#kidseyewear  
#toddlerglasses

## Dilli Dalli

Love is durable, flexible, and oh-so-colorful—just like Dilli Dalli Eyewear! ❤️ Trusted by parents for 10+ years, our frames are made to keep up with your little ones. Perfect for the most important valentines in your life! 😊

Reach out to us today & schedule your Dilli Dalli appointment!

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## Valentine's Day

Love is in the air—and in your eyewear! ❤️ This Valentine's Day, treat yourself or someone special to a fresh pair of frames or suns, because nothing says I only have eyes for you like perfect vision. 😊

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### Timing

February 14th

### Hashtags

#valentinesday  
#valentine  
#eyewear  
#illaeyewear



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## Adira Eyewear

✨ Frames as multi-faceted as you! ✨

Meet Adira Eyewear, a collection made by women, for women, designed to complement every part of your day. From power moves at the office 📁 to sparkling conversations out on the town 🍷, Adira has a style for every moment.

Ready to refresh your look? Contact us today!

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### Hashtags

- #adiraeyewear
- #womeneyewear
- #womeneyeglasses

### Timing

February 17th

### Hashtags

- #presidentsday
- #usa
- #eyewear
- #eyecare

## Presidents' Day

Did you know, although the holiday is most often called "Presidents' Day," the observed federal holiday is officially called "Washington's Birthday."

So why is Washington's birthday commonly called Presidents' Day? Calling the holiday Presidents' Day helps us reflect on not just the first president but also our nation's founding & its values.

Happy Presidents' Day!

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UNCOMMON



## Uncommon

For the man who chooses substance over trends, Uncommon delivers eyewear that reflects timeless design and authenticity. Curate your style with pieces that effortlessly blend into your life—unique, purposeful, and always in good taste.

Reach out to us today to schedule your Uncommon appointment!

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### Hashtags

- #uncommoneyewear
- #menseyewear
- #eyewear