

# Social Calendar

N O V E M B E R

## National Diabetes Awareness Month



More than  
**8 in 10**  
adults with prediabetes  
don't know they have it

### Signs of diabetes to look out for:



Urinate a lot,  
often at night



Are constantly  
very thirsty



Lose weight  
without trying



Are very  
hungry



Have blurry  
vision



Have numb or  
tingling hands or feet

## National Diabetes Awareness Month

♥ November is National Diabetes Awareness Month! Did you know that your eyes can reveal more about your health than you might expect? An annual eye exam isn't just about clear vision; it's a chance for early detection of health issues like diabetes.

Prioritize those peepers, and protect your vision for all the years to come by scheduling your next exam with our team today!

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### Timing

Month of November

### Hashtags

#nationaldiabetesmonth

#eyecare

#eyehealth

#diabetes

### Hashtags

#uncommoneyewear

#menseyewear

#mensglasses

#eyewear

## Uncommon

For the man who values timeless style and authentic choices—Uncommon eyewear delivers thoughtfully curated designs with an XL fit options for those who need it. Express your unique style with pieces that are as intentional as you are.

Schedule your next eye exam with us today and be sure to ask us about Uncommon!

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## Steve Madden Kids

👓 ✨ Let your little fashionista shine with Steve Madden's Kid's Eyewear! Combining a mature style with playful designs, these frames let kids express their individuality in the trendiest way.

Parents, don't forget: a fresh eye exam is key to ensuring those eyes are ready to shine! Schedule your child's next appointment today and help them see the world with clarity and style! ✨

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### Hashtags

#SteveMadden

#kidsinglasses

#kidseyewear

#pediatricseyewear

#kidseyeglasses



STEVE MADDEN

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## Adira Eyewear

👓🌟 Meet Adira Eyewear—crafted by women, for women, and designed to be your go-to for every part of life. With four distinct design stories, Adira offers styles for everything from the office to weekend brunch and beyond.

Ready to find your perfect match? Schedule your eye exam and discover these new frames in person. Your next favorite look is waiting! 🧐

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### Hashtags

#adiraeyewear  
#womeneyewear  
#womeneyeglasses

### Hashtags

#sunglasses  
#sunwear  
#sunnies

## Fashion Suns

Who says sunglasses are just for summer? With our trendy new sunwear, you can look fabulous and protect your eyes no matter the season! 🌟 Swing by our practice to discover your perfect pair. Let's make those holiday outings extra stylish! 🧐👓

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## Why Protect Your Eyes with Sunglasses?

- They block damaging UV.
- They slow the growth of cataracts.
- They help prevent wrinkles by reducing squinting.



BCBGMAXAZRIA



HAPPY  
THANKSGIVING



## Thanksgiving

🧡👓 This Thanksgiving, we're grateful for clear vision and the moments that matter most! May your day be filled with family, friends, and fun.

Happy Thanksgiving!

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### Timing

November 28th

### Hashtags

#thanksgiving  
#eyewear