Links and Other Resources

Health Promotion *Special Olympics*

https://resources.specialolympics.org/health/health-promotion

PROFITCHES | PROFITCHES |

What to Do When You Have Type 2 Diabetes Diabetes UK

https://www.diabetes.org.uk/Type-2-diabetes



Getting New Glasses SeeAbility

https://www.seeability.org/wearing-glasses

Getting new glasses - adults Glasses can help you see clearly Everybody's sight gets worse as they get older The person who tests your eyes is called an optometrist. We will call them an optical in this factsheet You should have an eye test at an optocian's at least every 2 years Most people need glasses at some time in their life After your eye test the optician may say you need new glasses

Things You Might Want to Ask About Asthma Asthma UK

http://www.bild.org.uk/resources/easy-read-information/health-easy-read-links/

-> Scroll down for Asthma tool





