



Eyecare Plus[®]

OPTOMETRISTS

Evans & McMahon

29-33 Northbourne Ave, Canberra City
CANBERRA ACT 6257 1103

Cnr reed St Sth & Anketell St Tuggeranong Square
TUGGERANONG ACT 6293 1171

Find us on 

We are on Facebook! www.facebook.com/evansmcmahoneyecareplus



If you would like to be kept up to date with informative articles, new technologies in optics and our special promotions and competitions please give us a like.

THE FUTURE IS HERE – OUR CITY PRACTICE HAS MOVED



The new location is:

29-33 NORTHBOURNE AVE

Next door to the Commonwealth Bank and is only 200 metres from where the old practice was. You will still be able to use the current parking in the Knowles Place car park and when the light rail arrives it will be just a block from the Canberra City stop.



Emergencies

Emergency appointments are available every day for patients with urgent problems. If your eyes are suddenly red or sore, especially if only one eye is affected, or should you have any sudden reduction of vision, please contact us immediately on **6257 1103**.

TIME IS RUNNING OUT- IMPORTANT REMINDER

\$80 GIFT CERTIFICATE
FOR YOUR NEXT OPTICAL PURCHASE

Voucher can be extended to family and friends!

T&C's: Offer ends 30.12.17, must be presented at Eyecare Plus Canberra/Tuggeranong. Redeemable towards lens and frame package with minimum RRP \$250. Cannot be used in conjunction with any other offer. One voucher per person.

TIME IS RUNNING OUT!

Did you know that unclaimed optical health fund benefits don't roll over into next year?

CLAIM YOUR BENEFITS BEFORE 31 DECEMBER



The majority of Private Health Funds work on calendar year for their extras benefits. Therefore if you are eligible to claim any benefits for glasses or contact lenses this year you need to order before December 31st

It is important to know that almost all health funds DO NOT carry over any benefits to the next year but just restart your benefits on January 1st.

If you have not claimed your full health fund optical entitlements for this year don't LOSE them come in and discuss a new look, spare pair or a specialty pair like sunglasses for your favourite sport or hobby. Our five highly qualified optical dispensers on staff will be only too happy to help you.

A Summer Recipe-Salmon, sweet potato and watercress salad with yoghurt dressing



Ingredients

- 700g sweet potato, peeled, diced into 2cm cubes
- olive-oil cooking spray
- 4 x 150g skinless salmon fillets
- 1 teaspoon sumac
- 250g green beans, trimmed, cut into 4cm lengths
- 1 bunch watercress, leaves only
- 250g cherry tomatoes, halved
- 1/4 cup Jalna low-fat natural Greek yoghurt
- 2 teaspoons chopped chives
- 1 tablespoon lemon juice
- lemon wedges, to serve

Instructions **(Serves 4)** **Time to make: 45 mins)**

Step 1 Preheat oven to 200°C. Line a large baking tray with baking paper. Place sweet potato on tray and spray with olive oil. Roast for 25–30 minutes, or until golden and tender, then set aside.

Step 2 Coat salmon fillets with an even sprinkling of sumac. Spray a large non-stick frying pan with olive oil; set over high heat. Cook salmon for 3 minutes per side, or until cooked to your liking. Set aside to cool; break into large flakes.

Step 3 Bring a medium saucepan of water to the boil. Immerse green beans to blanch until just tender. Refresh beans under cold running water; drain well. Place reserved sweet potato, beans, watercress and tomato in a large bowl; toss.

Step 4 Mix yoghurt, chopped chives and lemon juice in a small bowl.

Step 5 Divide salad among 4 plates, top with salmon and drizzle with yoghurt dressing. Serve salad with a lemon wedge.

ESSILOR ENDLESS SUMMER PROMOTION

In conjunction with the Essilor Lens Company we are able to offer our best Summer promotion ever.

Essilor is a world leader in lens design for corrective ophthalmic lenses and is also the home of Nikon lenses in Australia.



When you order a pair of spectacles with Essilor/Nikon lenses before the 31st January 2018 and order a second pair of Essilor/Nikon lenses on the same day you will get a 50% discount on the less expensive set and subsequent sets of lenses.

If you don't want to order on the same day but decide before the 31st January 2018 that you want another set of lenses then we are able to offer a 25% discount.

Solar Flair Lenses are the latest in lens technology and mirror tinting for the Sports/Adventure



lens wearer and are now available in most prescriptions.

T&C's:

Offer ends 31/1/18. The first pair of spectacles must be a frame and lens package with a minimum RRP of \$250. Cannot be used in conjunction with any other offer.