

## WORKSHOP OBJECTIVE

It is estimated that 30% of the world population is currently myopic and is almost 50% or 5 billion people by 2050 (International Myopia Institute). In Singapore, 4 in 5 young adults live with myopia (ST 25 Nov 2024). In Malaysia, myopia prevalence is 34.4% by age 15 years (Malaysian Society of Ophthalmology).

This workshop is refined and adapted by Lumience Vision based on a “Better Eyesight Without Glasses” method developed by an American ophthalmologist/medical doctor around 1919, more than 100 years ago. It is based on the idea that most vision problems are caused by strain and tension in the eyes and can be improved through 3 principles and 3 habits of natural vision.

You will learn to correct causes of poor vision, use therapeutic techniques to improve your eyesight/vision naturally (non-invasive, non-medication, non-surgical), proper use of prescribed glasses, use advance techniques such as natural vision therapy spectacles, and to control your myopia/hyperopia and presbyopia day-to-day. You will experience and understand a “better eyesight” moment to “see brighter, see clearly, see naturally”. The degree of improvement varies from person to person.

## WORKSHOP OUTLINE

- Natural Vision “Eyesight Improvement Without Glasses”
- Myopia/shortsighted, hyperopia/longsighted and presbyopia (老花眼)
- Causes of poor vision
- Choose and wear your spectacles correctly
- Benefits, Principles and Habits of natural vision
- Advance techniques of natural vision
- Vision effects
- Hands-on practice and vision test
- Plan to apply the natural vision method daily – Everywhere & Every-Now

## FOR WHO

Adults with myopia, hyperopia and presbyopia | Parents whose child is short-sighted

## FACILITATOR

Nelson Lee co-founded a vision therapy company and an optical vision center in 2004 to teach and practice the Natural Vision/Better Eyesight Without Glasses Method. He obtained a Certificate in Ophthalmic Dispensing from the Singapore Polytechnic and the Singapore Optical Trade Association in 2004 and is a certified optician.

His full-time profession is in Human Resource and he has more than 30 years of HR experience. He is a Human Resource expert/master and held various HR roles in MNC, SME and non-profit/not-for-profit organizations. He started his career as an Industrial Relations Officer with a NTUC-affiliated Union and was appointed to the Union’s Executive Committee soon after joining (which was a rare appointment then); he rose to senior roles such as the Regional HR Head/VP HR of a listed-conglomerate, first Group HR Director reporting directly to the Executive Chairman, Chief Human Resource Officer of a not-for-profit ASEAN-like organization with 3 business Divisions – Language teaching, Hotel and Examination, and Founding CEO of the Institute of Human Resource Professionals (a tripartite company set up by MOM, NTUC and SNEF).

Nelson practiced the Natural Vision Method for the last 20 years and hope to share his knowledge and experiences to benefit others to improve their eyesight naturally.