# Eyesight Improvement and Myopia Control By Lumience Vision

Eliteus Pte Ltd

Lumience Vision
SEE BRIGHTER, SEE CLEARLY, SEE NATURALLY

Special year-end package

## DATE/TIME
18 Dec 2026, Friday
9.30 am to 12.30 pm

## VENUE
Metropolitan YMCA
60 Stevens Road. S257854.
(Nearest is Stevens MRT Station)
(Free parking until full)

## FACILITATOR
Nelson Lee
Natural Vision Master Instructor

## CLASS SIZE
4-16 participants

## WORKSHOP FEE
S$260 per participant.

Special year-end package for 2 participants attending the 18 Dec session at total S$340 (average $170 per pax) if registered and full payment by 17 Nov 2026. Additional free 1 piece child (non-exchangeable to adult) LV therapy spectacles worth $48.

Every 2nd participant to register and full payment between 18 Nov to 3 Dec, a 30% discount for the 2nd participant at S$180.

All participants will be provided an e-workbook, a personalized vision therapy plan, a pair of Lumience Vision therapy spectacles, a far and a near eyechart, a vision test during the workshop, a one-time online 15 mins follow-up 1-on-1 coaching within 3 months (by 31 Mar 2027), and a tote bag, total worth S$230.

Light breakfast with coffee/tea is provided.

## REGISTRATION & PAYMENT
Please click or scan the QR Code to register.

PayNow to
UEN 202300242C

## MORE INFORMATION
enquiry@eliteus.com.sg

**Note:** Minimum group size is required for a confirmed class. Eliteus reserves the right to postpone/cancel the scheduled session before its commencement if minimum class size is not met. The workshop venue may also be subject to change.

## 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”
- The Human Eye
- Perfect Vision and Deterioration of Vision
- Vision Refractive Errors – Myopia, Hyperopia and Presbyopia (老花眼)
- Choose and Wear your Glasses Correctly
- Benefits, Principles and Habits of Natural Vision
- Advance Techniques of Natural Vision, Vision Aids and Vision Effects
- Vision Test and Hands-on Practice
- Everywhere & Every-Now – Plan to Apply the Natural Vision Method Daily

## FOR WHO
Adults with myopia, hyperopia and presbyopia | Adults who like to maintain their perfect vision | 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 management and C-suite roles such as the Regional HR Head/VP(I) HR of a listed-conglomerate, first Group HR Director (1 of 3 C-suites) 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 started myopia in his 20s, practiced the Natural Vision Method in his 40s for the last 20 years and corrected to perfect vision till date in his 60s. He hope to share his knowledge and experiences to benefit others to improve their eyesight naturally.