Hadley

Shaving Sample

You can continue to shave your legs and underarms no matter your level of vision, but you may need a few new habits. So let's start with general shaving tips.

First off, use shaving cream or gel. It will help you keep track of where you've shaved and what's left to do. Next, if you're unsure of yourself, practice with the plastic cap on the razor until you feel more comfortable. Also, keep all your shaving supplies in one spot in your bath. That way you don't have to search for them.

**Ed:** Now that you've had a chance to learn a bit with us, we'd like to learn more about you. Your name, email address, how you heard about Hadley, and your relationship to vision loss. Learning more will give us a better understanding of how to personalize Hadley just for you. And don't worry, everything you share with us online will be kept safe and secure. Of course if you'd prefer to talk through these questions, we're just a phone call away, at 800-323-4238.

Taking these few steps saves your preferences so you can continue right where you left off and track your progress every time you log on. Plus, it connects you to the Hadley community and helps sustain our funding to keep Hadley free of charge. And last but not least, it gives you direct access to experts like me. Now, where were we?