Hadley

Downhill Skiing Sample

We all know summer is a great time to get outside and play – but the winter months add something special: Snow! And getting out for a day of skiing in that wintry wonderland is a great way to stay fit and have fun. With a few tips and tricks, you can master the sport with confidence – no matter your level of vision.

Before we get started, remember that talking with your eye doctor is always a good idea if you have questions about starting a new exercise or activity. For example, some conditions might be affected if you take a tumble on the slopes. Your doctor can help you address any concerns, and help you decide what works best for you.

Now – put on a parka and grab some gloves – and let’s head out to the slopes.

The first step in planning a ski trip is choosing a guide to go with you.

**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?