

# Health & Wellness in Bendale – Glen Andrew

Welcome to Health & Wellness in Bendale – Glen Andrew your monthly snapshot of local services, programs, and practical tips that support healthier living close to home. Each edition highlights a featured business and shares simple, community-rooted ways to care for your body and mind, stay active, and access the supports you need.

## This Month's Featured Business



At Midland EyeCare, our optometry staff works together to ensure your visit is comfortable and completed in a timely manner. We have a qualified team of professionals that will work around your busy schedule and address any questions or concerns prior to the appointment. Whether it is your annual eye exam or treating a condition that requires an in-depth diagnosis, our team provides undivided attention to each patient so we can evaluate a plan based on your needs and our professional opinion. Our doctor offers thorough eye examinations and will diagnose and treat an array of eye diseases and conditions to keep your eyes healthy!

Dr. Arun completed her Honours Bachelor of Science at the University of Toronto before earning her Doctor of Optometry degree from Nova Southeastern University in Fort Lauderdale, Florida.

She has extensive clinical experience in comprehensive eye care, including the diagnosis and management of a wide range of ocular conditions. Dr. Arun provides detailed eye examinations and medical eye care, including contact lens assessments, myopia control, and the evaluation and management of ocular diseases. Prior to practicing in Ontario, she worked at one of the largest medical optometric practices in Upstate New York, where she served as Director of the Dry Eye Center and developed advanced expertise in diagnosing and treating dry eye disease.

Dr. Arun is board certified by the Canadian Examiners in Optometry and licensed by the College of Optometrists of Ontario. She is also board certified in the United States by the National Board of Examiners in Optometry and holds licenses to practice in New York and Florida. She is a member of the Ontario Association of Optometrists and the Canadian Association of Optometrists.

Known for her thorough, patient-focused approach, Dr. Arun takes the time to clearly explain eye health conditions and treatment options, so patients feel informed and confident about their care.

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We Offer Direct Billing to Most Insurance Companies

## Experience the Art of Vision Care

Dr. Arun & her team at Midland Eyecare offer comprehensive eye health exams using state-of-the-art technology. We are dedicated to providing an unforgettable, personalized experience in a comfortable setting.

## Services We Offer

Optometrist Available On-Site

 Comprehensive Eye Exams

 Emergency Eyecare

 Dry Eye Treatment

 Contact Lens Fittings & Ortho-K

 Diabetic Eye Exams

 Designer Eyeglasses & Sunwear

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