

Wellbeing

Feelings

Focus

Communicate

Discover

Encouragement

Comfortable

Emotional

Happy

Positive

Move

Help

Openness

Healthy

Support

Retina UK

# Discover Wellbeing

Are you living with inherited sight loss or supporting someone who is?

Learn how to manage the emotional impacts and maintain positive wellbeing.

Find out more about this **free-to-access** practical online course at **[RetinaUK.org.uk/wellbeing](https://RetinaUK.org.uk/wellbeing)**.

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