Know
What Came With My
Contact Lenses?


Free in-oflice consultations to discuss my eyes and contact lenses
A thorough examination of eye function and eye health by my doctor

- Individual selective fitting considering the following contact lenses that the doctors
use:
- Kegular Soft Lenses (over 40 diffierent lens types)
- Soft Lenses for Astigmatism
- Extended Wear Soft tenses ( 5 types - can be worn while sleeping)
- Tinted Soft Lenses
- Hard Lenses
- Bifocal Sofi and Hard tenses

Full time availability of doctors and staff (evenings, lunch hours \& Saturdays)

- Close supervision of all contact lens fittings by expert professionals
- Individual private instruction on care and handling of any lens type
- Six weeks follow-up care with the office that includes trial program for

1. Close observation of comfort and eve health mo
2. Lens strength or fitting modification if indicated
3. No charge for damaged lenses - minimum charge for lost lenses

This follow-up care is, of course included in the original fee

- Immediate replacement of most lenses

A continuing care program - future upgrading of lens care and of contact lenses as

Special 24 Hour Contact Lens Information Service - 475-4040
AA A International manlider vision certers.
3200 '0' St. 475-1030

* No Interest No Carrying Charge \$20/month Budget Plan

often women maybecome a victim of asexual assaul avictimorasexual assauit time.
In an effort to remedy this situation, the Center for Healthy Lifestyles, in conjunction with Women Against Violence Against Women, has designed a program to teach women basic skills in self-defense.
"A lot of women are starting to get quite afraid nowadays to walk around because they've heard so much about sexual assaults," said Pat Riddle, UNL assistant professor in health education at UNL.

Riddle said the claes is being formed for two res. mation, call 472-3831.
sons: first, to improve wo men's sense of security on campus; and second on campus; and second, defense.
The objectives of the class are to help women feel morecomfortable with their abilitytodefend themselves," Riddle said.
The class will meet from 3 p.m. to 5 p.m. on four consscutive Tuesdaysbeginning Sept. 13. Kit Boesch, former Ohio State selfteach the class. The fee is $\$ 12$ per person. Classes will be in Coliseum Basement 20.

For registration infor-

LIVE ENTERTAINMENT

Tonight and Saturday Last Rell

## No Cover Charge!

Identification Required.


