

## Seva Canada's Gifts of Sight Are Priceless Gifts for the Holiday Season

Vancouver, BC: Looking for a unique holiday gift that is meaningful and has the power to transform lives? Seva Canada's "Gifts of Sight" are a great solution for yuletide shoppers looking for something special to give their friends or family.

"More and more people are turned off by the consumerism of Christmas and are searching for ethical or charity gifts that can truly make a difference," says Heather Wardle of Seva.

Seva Canada is a Vancouver-based international eye-care charity working in seven countries in the developing world: Nepal, Tibet, India, Tanzania, Cambodia, Egypt and Guatemala. For over 26 years Seva Canada has worked to eliminate preventable blindness by training local eye care professionals.

"In these challenging economic times, you can't beat the return on investment of restoring someone's sight. \$50 will pay for a cataract surgery. It's one of the most cost-effective health interventions," adds Heather Wardle.

"By giving someone their sight they can return to work, care for their family, live a longer and healthier life, see their loved ones and free their caregivers. That's a pretty great return for \$50."

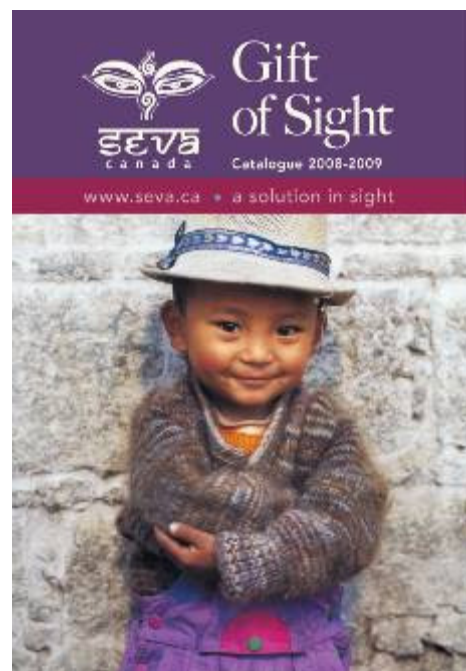
Each autumn Seva Canada publishes its "Gift of Sight" catalogue with alternative gifts and products to suit a range of budgets.

Approximately 314 million people worldwide live with serious vision impairment. Of these, 45 million people are blind and 124 million have low vision. Ninety percent of blind people live in low-income countries.

This Christmas transform darkness into light. Visit Seva's website at [www.seva.ca](http://www.seva.ca) where the complete Gift of Sight catalogue is available.

For more information please call Penny Lyons at 604-713-6622.

Eye care images and sight restoration stories are available on request.



*"My granny in Lhasa had her sight restored by Seva. When she was blind, she hated to be a burden to my mother and she no longer wanted to live. Now that she can see again, she says even the ugliest things look beautiful."*

Kalsang Dawa,  
Tibetan thangka painter  
Vancouver