Hadley

Polishing Nails Sample

If a visit to the salon isn't an option, put on your own nail polish by using techniques that don't depend on your vision to be successful.

First, here are a few things to think about. Cold nail polish is easier to feel when you're applying it on your nails, so keep your polish in the refrigerator. Remember, if you have some vision, lighting and contrast can be your friend. Your lighting should shine just on your hands and work area and not in your eyes.

**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?