



# The New Hampshire Optometrist

New Hampshire Optometric Association Member Newsletter

Fall 2019

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## President's Message

**Kristen Bryant, O.D.**

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*"Time is a currency you can only spend once, so be careful how you spend it."*

*-Harmon Okinyo*

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I can't believe that my first year as NHOA President is winding down. I've been privileged to work with a wonderful team on the Board. I think our meetings are productive and efficient. I'm looking forward to next year and making 2020 our year. But first I'd like to play a little game to reflect on 2019 called "high, low, cheer".



**See the full President's Message and more by visiting the Members Only section of the website.**



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