

**Headline:** Dr. Diana Monea is an optometrist with an eye for fashion, Calgary's best dressed 2018

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**Link:** <http://www.avenucalgary.com/Shopping-Style/Calgarys-Best-Dressed/2018/Dr-Diana-Monea-Optometrist/>

Theatrical hats, coloured glasses and dramatic clothing all exemplify this optometrist's view that fashion should be fun.

Those who visit any of Dr. Diana Monea's three Eye Health Centre optometry clinics in Calgary and Regina will see her personal style mantra displayed on a plaque on the wall: "Don't try so hard to fit in when you were born to stand out."

Originally from Saskatchewan, Monea began practicing optometry in her home province in 1978 before moving with her family to Calgary in 2000. Although her profession can be fairly conservative, Monea's look is bold and theatrical. She favours fitted gowns, dramatic head wear and, of course, colourful glasses, for nights out on the town — and on a daily basis as well. It's a look that's in line with Monea's belief that we should embrace our inherent uniqueness. "I think we should live who we really are inside; not be obstructed by what someone else dictates within fashion, let it be colour, style or anything else," she says. "Life should be fun and an expression of who you really are. I dress however I feel like dressing. For me, normal is boring."