



April 2014

Half Marathon & 5K RACE FOR WOMEN'S WELLNESS

benefitting the Lisa Boccard Breast Cancer Fund **2014**



JASON PANOS RUNS THE 2014 RACE for WOMEN'S WELLNESS.

On March 29, 2014 **Jason Panos** participated in the Coral Springs and Race for Women's Wellness half-marathon (13.1 miles). His participation and support benefitted the **Lisa Boccard Breast Cancer Fund** to provide free screening mammograms to women who otherwise would not be able to afford them. Way to go Jason!!!!

Mammograms screenings are important because:

Annual mammograms can detect cancer early — when it is most treatable. In fact, mammograms show changes in the breast up to two years before a patient or physician can feel them. Mammograms can also prevent the need for extensive treatment for advanced cancers and improve chances of breast conservation.



Year-Round Sun Protection:

The summer months are almost upon us and you know what that means... Fun in the sun, but summer is not the only time you are at risk for damage from the sun. Sunlight contains Ultraviolet radiation which causes premature aging of the skin, wrinkles, CATARACTS & skin cancer. To prevent long term damage, please take the following precautions:

- Cover up
- Use Sunscreen
- Wear a hat
- Wear UV- absorbent shades
- Limit Exposure

MEET KALE:



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NUTRITION APRIL: ALL HAIL KALE!!

Move over Popeye and make room for the "King of greens," kale. Kale is an amazing vegetable being recognized for its exceptional nutrient richness, health benefits, and delicious flavor.

Eating a variety of natural, unprocessed vegetables can do wonders for your health, but choosing super-nutritious kale on a regular basis may provide significant health benefits, including cancer protection and lowered cholesterol.

Kale Has....

- Anti-Inflammatory
- Vitamin K, C, A
- Potassium
- Antioxidants

What is it good for?

- Eyes
- Skin
- Reduces risk of heart disease & cancer
- Bones

ABOUT PREMIER EYE CARE

Introducing Premier Eye Care's Health and Wellness newsletter! Each month we will post one of these on our boards, to let you know about upcoming events in the area and our company concerning Health and Wellness.

Why is Health and Wellness so important to us? Wellness is more than just physical fitness and can affect multiple parts of your life: lower levels of stress, increased self-image, reduced healthcare costs, reduced absenteeism, increased morale and productivity, as well as improved physical fitness.



PREMIER EXPERTISE. PREMIER SERVICE.