



# PREMIER

WELLNESS E-NEWSLETTER

December 2015



## ELECTRICAL SAFETY DURING THE HOLIDAYS:

You may be gearing up to decorate your home for the Holidays, but please first remember these important Safety Tips about Electrical Safety in your Home:

- Make sure your fire alarms are working in case of a fire emergency.
- Turn Holiday lights off when away from home or asleep.
- Make sure lights are designated for outdoor use if going outside your home.
- Do not replace bulbs when electricity is on.
- Examine each string of lights before hanging.
- Keep bulbs from touching branches.
- Do not use flammable decorations
- Make sure to not over load outlets.



STAY SAFE & ENJOY THIS SEASON!



## MOVEMBER:

As Movember 2015 has come to a close we are happy to announce that this year's participation at Premier was greater than ever. Premier fundraised for the support of world-class men's health programs for prostate cancer, testicular cancer and mental health problems. These programs, directed by the Movember Foundation, are focused on achieving the vision to have an everlasting impact on the face of men's health.

For our annual Movember photo we had **26** team members participate by wearing fake mustaches!



## UPCOMING WELLNESS HIGHLIGHTS:

### SECRET HOLIDAY WELLNESS BUDDIES:

The Wellness Committee is hosting a Secret "Santa" Activity. Please email [Wellness@premiereyecare.net](mailto:Wellness@premiereyecare.net) if you are interesting in joining or have questions, we will also be sending out an email with additional information. Once we have compiled a list of names of participants, associates will pick names randomly out of a hat. We ask that associates either provide the recipient with a small gift or we ask they do something inspirational or creative for their buddy on **Thursday December 10<sup>th</sup>, 2014**. More details to come!

### PREMIER BLOOD DRIVE:

Premier's next Blood Drive is **Tuesday December 8th, 2014**. Please also email [Wellness@premiereyecare.net](mailto:Wellness@premiereyecare.net) if you'd like to participate. Bagels and refreshments will be provided the morning of for donors, but please remember to eat iron rich foods the days before you donate as well.

## 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  
EYE CARE

PREMIER EXPERTISE. PREMIER SERVICE.