



PREMIER

WELLNESS E-NEWSLETTER

May 2014

May is American Stroke Month



MAY IS AMERICAN STROKE MONTH:

Did you know stroke is the number 4 cause of death and the leading cause of disability in the U.S.? Many people don't think about their potential for stroke until it is too late. Please visit www.strokeassociation.org to learn about the different types of stroke, diagnosis, treatment, warning signs and prevention to learn what stroke risk factors *can* be changed, treated or controlled.

Recognizing your risk factors early and being proactive about your health can potentially assist in lowering your chances in having a stroke. Do you know if you're at risk?

Age: The chance of have a stroke doubles for each decade after the age of 55.

Family History: Your stroke risk may be greater if a parent, grandparent, sister or brother has had a stroke.

Gender: Woman are at higher risk for having a stroke than men.

Race: African Americans are at the highest risk for having a stroke.



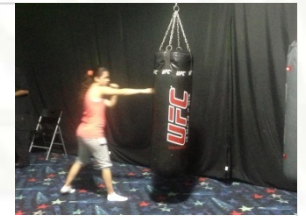
PREMIER EYE CARE WELLNESS SPOTLIGHT:

SANDRA VICTORIA- Attends JKD Extreme Mixed Martial Arts Academy (Jeet Kune Do).

Sandra attends along with her husband Toby, and 3 kids, TJ, Damian and Aura as a family activity. Her instructor is a Full Second Generation Instructor under (JKD Nucleus Members) Sifu Tim Tackett and Bob Bremmer who were the original students of the late Bruce Lee.

Jeet Kune Do – The way of the Intercepting Fist

Bruce Lee founded the eclectic and hybrid martial arts system and philosophy of JKD. Jeet Kune Do is simple and direct, or straightforward, movements and non-classical style. The system works by using different “tools” for different situations, where the situations are divided into ranges. Kicking, punching, trapping and grappling, where we use techniques to smoothly between them. It is referred to as “a style without style” or the “art of fighting without fight” as said by Bruce Lee himself.



South Florida Business Journal's



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PREMIER WELLNESS HIGHLIGHTS:

2014 HEALTHIEST EMPLOYERS-

Premier Eye Care has been selected by the South Florida Business Journal as one of the 2014 Healthiest Employers! This is Premier's third time to win this award. Our efforts to create a healthy workplace have paid off.

MAY 17TH -ERIC PATRIE 2ND ANNUAL FIREFIGHTER 5K WALK OR RUN-

Premier is participating in the Eric Patrie 5K once again! We'd love to see as many faces as possible, so please enroll online. Premier will be sponsoring anyone who participates, and you will receive a reimbursement in addition to your annual Wellness benefits. Premier will also sponsor any temp/agency employee. Please come and participate in this activity that not only supports your Wellness, but also a good cause. This event is very family friendly! Register and read Eric Patrie's story on the event website:

<http://www.delrayfirebenevolent.org/ericpatrie.html>

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.



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