



WHAT'S TRENDING?

Zombie Rush: Luis Prieto and Michael Aguirre attended the 1st Annual Zombie Rush Mud Run in Amelia Earheart Park in Miami on **October 19th, 2013.**

Salad Day: On **October 23rd, 2013** the Wellness Committee held the first official Salad Day! Out of 55 employees here that day, **45** participated in a healthy meal choice of vegetables, dried fruit, nuts, eggs and chickpeas. Please see the flyer on the board of pictures for our first monthly Salad Day. Our next Salad day will be **Tuesday November 19th, 2013** we invite you to participate again!



WEAR PINK TO WORK DAY:

October 29th, 2013- 29 of Premier's employees participated in "Wear Pink to Work Day," in support of Breast Cancer Awareness. They also had an opportunity to read our "Myths vs. Facts Flyer" in the kitchen, as well as some informational pamphlets on detection and as well as the risk factors of Breast Cancer. Please see the flyer on the board for pictures from Wear Pink to Work Day.



DID YOU KNOW?

MOVEMBER:

You can support November's "Movember Men's Health Awareness Month" by growing a Mustache for the month in support of increasing awareness to men's health issues.

As an official global charity, Movember's vision is to have an everlasting impact on the face of men's health. During November each year, Movember is responsible for the sprouting of millions of moustaches on men's faces around the world. Through the power of the Mo, vital funds and awareness are raised to combat prostate and testicular cancer and mental health challenges.

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. **If you are interested in joining the Wellness Committee, please go see Shari Basye, Hallie Saunders or Luis Prieto.**

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.