



October 2014



WAYS TO STAY HEALTHY DURING THE HOLIDAYS:

The holidays are around the corner, and the best way to stay healthy is to get prepared and know, you CAN stay healthy during the Holiday season. Here are a few simple tips to do just that!

- 1) **BE PREPARED-** Try a healthy snack before leaving your house for a holiday party, and this might curb your appetite.
- 2) **BRING SOMETHING HEALTHY WITH YOU-** If you are a guest, trying bringing a low calorie option.
- 3) **PORTIONS-** Thanksgiving is next month, and it may help to know it's all about portion control!
- 4) **LISTEN TO THAT FULL FEELING-** Another great tip for your Thanksgiving meal- try chewing more slowly, and you are more likely to be aware of these "full" signals.



PREMIER'S WELLNESS HIGHLIGHT:

This month the Wellness Committee would like to highlight **Anna Gerbrandt** on her contributions to Premier's Wellness Events. Some of you may have participated in some of these events, and perhaps would like to know who helped put these wonderful events together. We'd like to give Anna a special thanks for all her hard work on:

- Premier's Bowling Day
- The Flu Shot clinic
- Wear Pink to Work Day
- Salad Day

Anna thank you for going above and beyond and assisting in making Premier a healthier environment!



UPCOMING WELLNESS HIGHLIGHTS:

MOVEMBER- "WHAT MO WILL YOU GROW?"

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 mustaches 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. You must sign up before Nov 1st to have a fresh shaven face for the beginning of the month.

Please email Wellness@premiereyecare.net if you would like to participate in Movember or would like additional information.

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.