



November 2016

## MOVEMBER AWARENESS MONTH:

Movember is an annual event involving the growing of a mustache during the month of November to raise awareness of various cancers, such as prostate cancer, depression and testicular cancer. Movember aims to increase early cancer detection, diagnosis and effective treatments, and ultimately reduce the number of preventable deaths. Besides annual check-ups, the Movember Foundation encourages men to be aware of family history of cancer and to adopt a healthier lifestyle.

To raise awareness for this amazing cause, Premier would like to invite all men to grow a mustache for the month of November. On Wednesday the 23rd, Premier will be providing educational materials as well as cookies, refreshments and fake Mustaches for clean-shaven men and women as we recognize Men's health awareness.

## FIVE TIPS FOR A HAPPY HEALTHY THANKSGIVING:

- 1) Eat Breakfast: Start your day with a hearty healthy breakfast with whole grains because saving your calories for a big meal rarely works.
- 2) Bring a Plate: Offer to bring your own health plate to party.
- 3) Physical Activity on Thanksgiving Day: Take a walk early in the day, or plan a family game of football or soccer.
- 4) Keep your Goals: Don't forget your goals because it's the holidays.
- 5) Portion Control: If you must partake in unhealthy food, then try to keep it as minimal as possible and remember serving sizes.

## BREAST CANCER AWARENESS MONTH & THE MAKING STRIDES WALK:

In October we had another successful Breast Cancer Awareness Month and we'd like to thank all of those who participated in our "Wear Pink to Work Day" and took time out of your day to read our educational flyers in the kitchen. We'd like to send a special thank you to those who participated in the Making Strides Against Breast Cancer Walk or donated to the cause:

- Chastity Smith
- Cindy O'Duke
- Teresa Wong
- Natasha Jefferson
- Marlene McKay
- Hallie Paxton
- Shari Basye
- AND Premier Eye Care!

In total, we were able to raise **\$640** for Breast Cancer Research – way to go Premier!

## ABOUT PREMIER EYE CARE:

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.