



PREMIER AT THE ESCAPE TO MIAMI TRIATHLON:

Sunday September 29th 10 of Premier's employees arrived in Miami to take on the Escape to Miami triathlon. Everyone participated in the Olympic distance which included a swim course in Biscayne Bay that was 1.5 KM/0.9 Miles, then the bike course through Miami Beach for 40 KM/24.8 Miles, ending in a run course through the causeway and islands for 10 KM/6.2 Miles.

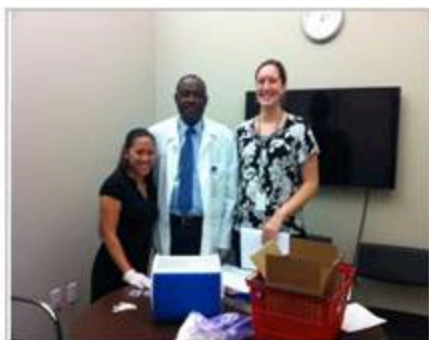
Olympic Solo: Luis Prieto

Olympic Relay

At Least We Tri-ed: Hallie S. (Swimming), Chris W. (Biking), Nikki B. (Running)

Eye Did It: Patrick H. (Swimming), Mike A. (Biking), Anna B. (Running)

Team Premier Eye: Patrick R. (Swimming), John L. (Biking), Natasha J. (Running)



WHAT'S TRENDING?

A special thanks to **Anna Gerbrandt** for putting together *Premier's First Annual In-house Flu Shot Clinic*. CVS arrived on September 25th and administered a total of 23 shots to Premier's employees to prepare them for the upcoming flu season!



UPCOMING PREMIER WELLNESS EVENTS:



Breast Cancer Awareness Month- On **October 29th** we will be hosting a "Wear Pink to Work Day" to support Breast Cancer Awareness. Please refer to the Wellness Board for our Myths vs. Facts Flyer.

Zombie Rush- In the spirit of Halloween, a group of Premier employees are participating **October 19th, 2013**, in a Mud Run. A type of athletic event that is sweeping popular athletic culture consisting of an obstacle course that spans over the distance of a 5K. The tagline, "You'll need to jump, crawl, climb, and run to get there—all while being chased by a legion of the undead." You can also sign up on the board.

Salad Day - Come meet the Wellness Committee while enjoying a presentation by an in-house salad caterer on **October 23rd, 2013**.

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.