



November 2015



MOVEMBER:

The Movember Foundation is a global charity committed to men living happier, healthier, longer lives. Since 2003, millions have joined the men’s health movement, raising \$650 million and funding over 1,000 programs focusing on:

- PROSTATE CANCER
- TESTICULAR CANCER
- POOR MENTAL HEALTH
- PHYSICAL INACTIVITY

The Movember Foundation works year-round with our global men’s health partners and academic and clinical institutions to ensure our programs accelerate improvements to some of the biggest health issues faced by men.

NO-SHAVE NOVEMBER:

No-Shave November is a month-long journey during which participants forgo shaving and grooming in order to evoke conversation and raise cancer awareness. Learn more about how you can get involved and start getting hairy!

THE CONCEPT:

The goal of No-Shave November is to grow awareness by embracing our hair, which many cancer patients lose, and letting it grow wild and free. Donate the money you typically spend on shaving and grooming to educate about cancer prevention, save lives, and aid those fighting the battle.

THE RULES:

The rules of No-Shave November are simple: put down your razor for 30 days and donate your monthly hair-maintenance expenses to the cause. Strict dress-code at work? Don't worry about it! We encourage participation of any kind; grooming and trimming are perfectly acceptable.



MAKING STRIDES AGAINST BREAST CANCER 5K WALK:

We’d like to Congratulate Premier Associates for all their Hard Work Fundraising for the American Cancer Society. Premier raised 824 Dollars, reaching 82 % of our goal!! The funds went towards raising money to help the American Cancer Society save lives from breast cancer by funding groundbreaking breast cancer research, providing free comprehensive information and support, and helping people take steps to reduce their risk of the disease or find it early when it’s most treatable. We were also excited to see Premier’s family members who also came and participated in the Walk!

We’d like to thank the following Premier Associates who were Walkers and those who Donated to the cause: Chastity Smith, Hallie Saunders, Terry Wong, Shari Basye, Debbie Clark, Amanda Gilbert, Lee Thomas, Whitney Glover, Yesenia Casiano, Jennifer Rozo, Annais Abreu as well as any Anonymous donators and family members of Associates that participated!



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.

