



September 2015



THE WELLNESS COMMITTEE HOSTED 3RD ANNUAL FLU SHOT CLINIC:

Premier had its 3rd Annual Flu Shot Clinic and **24 people** this year participated! We are so excited we could assist in making the office healthier! For those of you who didn't get a shot at Premier and are still considering the getting a Flu Shot this year, please consider the following information:

- Influenza is a serious disease that can lead to hospitalization and sometimes death.
- Getting a Flu Shot is the best way to prevent getting the Flu.
- When more people get vaccinated, you are less likely to spread the illness to your community.
- How does it Work? The vaccine causes antibodies to develop in the body about two weeks after vaccination.
- If you still get sick, your Flu is more likely to be milder and recovery quicker.

STRESS MANAGEMENT:

As the Fall Approaches with school and the Holidays many people tend to feel more stressed out. Stress Management is all about learning new ways to cope with stress whether it's controlling your thoughts, or the way you deal with emotions and issues in your life. We would like to show you some healthy ways to deal with day to day stress:

- 1) Keep a Stress Journal- Ask yourself, what is causing my stress? How do you feel when you are stressed, how you acted and what you did to make yourself feel better?
- 2) How you Cope- Often coping strategies can lead to larger health or financial issues whether you drink too much, zone out in front of the TV, use pills, go shopping, eat food or procrastinate and avoid the issue. Recognize how you're managing the stress now and develop new strategies that are more positive.
- 3) Coping Strategies- We suggest you try any of the following: Exercise, take a break and stretch, manage your time better, begin a hobby, try to forgive, get a message, listen to music, take a bath, write in a journal and try looking at the big picture.



WELLNESS EVENTS- MARK YOUR CALENDAR AND JOIN US!

-Lake Worth Tropical Triathlon- is next week on **September 20th, 2015**. Please remember to keep your bib after the race so you can be reimbursed.

-October is Breast Cancer Awareness Month- The Wellness Team will once again be promoting awareness and Education about Breast Cancer. Premier is also inviting Premier associates to attend the Making Strides Against Breast Cancer Walk on **Saturday October 24th 2015**. Throughout the month of October we will be hosting different events to keep up awareness about Breast Cancer. Breast Cancer is the most common Cancer Worldwide in women contributing more than 25% of the total number of cases in 2012. More details to come about Breast Cancer Awareness Month.



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.