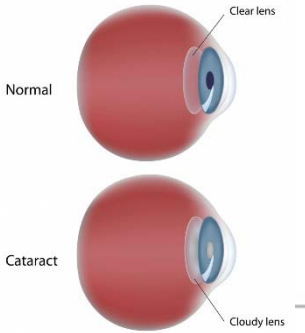




June 2016



CATARACT AWARENESS MONTH:

Twenty-two million Americans are affected by cataracts, and is one of the leading causes of vision loss in the United States resulting in an annual estimated treatment cost of \$6.8 billion. A cataract is a clouding of the eye's lens that leads to decreased vision. The lens is important because it focuses images onto the retina at the back of the eye. The image is then processed and sent to the brain. Risk factors for developing cataracts include diabetes, prolonged exposure to sunlight, tobacco use and alcohol consumption.

For Cataract awareness month, Premier Eye Care wants you to be aware that you can protect yourself from cataracts in a range of ways:

- Wear Sunglasses
- Avoid Drinking
- Avoid Smoking



ASSOCIATE HIGHLIGHTS:

This month Premier would like to highlight the following associates that completed the Eric Patrie 5k on May 14, 2016 in Delray Beach. The Wellness Committee congratulates:

- Terri Wong
- Mike Aguirre
- Luis Prieto
-

Together, each participant ran 3.1 miles to raise money for firefighters in distress and the Delray Beach Firefighter benevolent fund. Way to go guys!

UPCOMING WELLNESS HIGHLIGHTS:

Blood Drive: Premier is happy to announce that on June 8th, 2016 Premier had 6 associates participate in our 11th Blood Drive! We would like to recognize the following associates for their contribution:

- | | |
|----------------------|----------------------|
| -Nikki Bozick | -Virginia Creamer |
| -Prasath Subramaniam | -Elizabeth Henriquez |
| -Theresa Wong | -Whitney Glover |

Salad Day – Premier will be hosting a Salad day to promote Healthy eating on **June 22, 2016**. We encourage you to leave your lunch at home and join us in our healthy meal replacement option. The Wellness Committee will also have some flyers available for some Healthy Eating tips to keep you in shape this summer.

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.

