

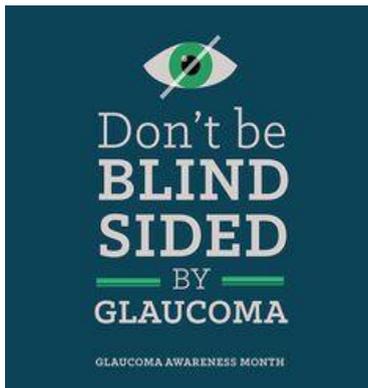


January 2016



WODAPALOOZA – MIAMI FITNESS FESTIVAL:

Saturday January 14th is the Wodapalooza Miami Fitness Festival, where you watch athletes compete and celebrate fitness, community and health. We highly suggest you go to watch inspiring athletes in the elite, adaptive, teams and more. There will be a one-of-a-kind vendor metropolis with gear and swag from fitness vendors. Additionally, there will be interactive areas for fans to get their work-out on, win prizes, and watch live music and performances all weekend long. People can even try their balance out on a paddleboard on the bay. Tickets for a single day spectator pass are \$40 and can be submitted to accounting to go towards your monthly Wellness benefit. Contact Wellness if you're interested in attending!



GLAUCOMA AWARENESS MONTH:

Currently, more than 3 million people in the United States have glaucoma. The National Eye Institute projects this number will reach 4.2 million by 2030. Glaucoma is called "the sneak thief of sight," often the only symptom is slow vision loss, and as much as 40% of vision can be lost without noticing. Blindness is permanent if the disease progresses too far. In African American and Latino populations, Glaucoma is more prevalent. Glaucoma is currently the leading cause of preventable blindness.

Regular Eye Exams are Important:

The best way to protect your sight from glaucoma is to get a comprehensive eye examination to take steps towards detection and treatment if necessary.

UPCOMING EVENTS:

Premier Eye Care 2017 Wellness Challenge:

The Wellness Committee would like to challenge you to participate this year in as many Wellness events as possible, and make 2017 the year to dedicate yourself to a healthier you! Starting **January 2017** Wellness will be starting a Premier Wellness Challenge, and any associate who attends a minimum of 6 events through the year will be recognized as an associate who met and achieved the Premier Wellness Goal for 2017! More details to come, but stay posted to upcoming events to participate in this year-long challenge!

The First Blood Drive of 2017!

Premier will be hosting another blood drive here at Premier Eye Care on **Tuesday January 24, 2017** to help out our local community hospitals with blood supply. Before donating, each person will receive a wellness check-up which will include: Blood Pressure, Temperature, Iron Count, Pulse and Cholesterol screening.



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.