



PREMIER

WELLNESS E-NEWSLETTER

May 2017

NATIONAL MELANOMA/SKIN CANCER DETECTION AND PREVENTION MONTH:

Skin Cancer is one of the most common types of cancer in the United States. The cause is Ultraviolet (UV) radiation that comes from the sun, tanning booths or sunlamps. Melanoma is the most dangerous type of skin cancer. Early detection is very important, and can mostly be cured when found in its early stages.

Here are some Skin Cancer Prevention Tips: Wear sunscreen SPF 15 or higher, reapply if you go outside, do not burn, limit your time in the sun, learn about the harm of UV radiation on your children, exam your skin head to toe once a month, get yearly skin screenings and wear a hat when out in the sun for prolong periods of time.

ASSOCIATE HIGHLIGHT:

Aaron Baer from our Network Management Team is our Wellness highlight for the month of May! Aaron has been on a regimen of dieting and exercise. According to Aaron, he has been eating very few carbohydrates, and switched primarily to fruit, vegetables and nuts. His go to favorite health foods are carrots and hummus. He also enjoys baked chicken, scrambled egg tacos with cheese and salsa as well. (Yumm!) At work if he orders out he has only been ordering salads. He has been working on meal prepping and according to Aaron it's still a work in progress, but we think that's great! For workouts, Aaron has been doing push-ups and jogging for 15-20 minutes a day. We are super impressed with Aaron's Healthy lifestyle – keep up the good work!

WELLNESS HIGHLIGHTS:

On **Wednesday April 19th, 2017** Premier participated in our quarterly Blood Drive. We implemented a new sign-up system, and we are so excited to announce we had 15 people register and collected 11 units of Blood. According to One Blood, this amount of blood equals to saving 33 lives. We are so happy from our outcome we wanted to mention the **Premier Honor Roll** of associates who took the time out of their day to donate and help save lives: **Bridget Linnabery, Chamarla Wareham-Shepard, Doris Cepeda, Lacy Hennessey, Jorge Terron, Omarah Augustin, Liz Colon, Teresa Wong, Saul Murillo, Liz Jackson, Virginia Creamer, Elizabeth Henriquez, Duane Carter, Ericka Midgett, Jorge Terron.**

Way to go Team!



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.



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