



July 2017



COCONUT LAVENDER LEMONADE RECIPE:

Looking for a refreshing non-alcoholic, healthy alternative beverage to serve at your barbeque, baby shower or birthday party this summer? Look no further than this delicious refreshing drink.

Lemonade:

Ingredients: 1) 1 ½ cups of fresh squeezed lemon juice (about 9 lemons) 2) 1 ¾ cups sugar 3) 8 cups coconut water 4) 4 cups water 5) Lavender Simple Syrup (see recipe below)

Directions: 1) Place lemon juice, sugar, water & coconut water into a pitcher and stir until the sugar has dissolved. 2) Pour in ½ of Lavender simple syrup. Add more if you prefer.

Lavender Simple Syrup:

Ingredients: 1) 2 cups sugar 2) 1 ½ cups water 3) 3 tbslp of dried Lavender 4) A few drops of violet food coloring

Directions: 1) Combine sugar, water and lavender in a medium, heavy bottomed saucepan 2) Bring to a boil 3) Remove from heat – let cool for 20 minutes 4) Strain to remove the lavender 5) Add coloring (optional) 6) Cool then refrigerate for a few days before adding to the Lemonade

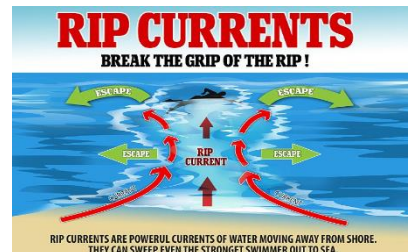


Can you spot the rip?

HOW TO BREAK THE GRIP OF THE RIP:

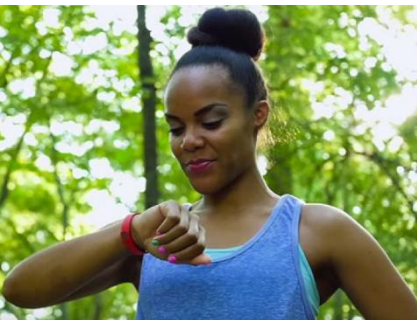
Would you know what to do if caught in a Rip Current? Just recently many of the beaches in Boca were marked with warnings about Rips Currents, however it did not deter swimmers from taking a chance and going swimming. Rip Currents are dangerous as they can quickly drag a swimmer, or even someone standing in a shallow water, out into deeper water. Swimmers who do not know how to escape a Rip Current become exhausted attempting to swim back to shore and eventually drown. Should you ever find yourself in a Rip Current, 2 simple steps can save your life:

- 1) Do not panic.
- 2) To escape, swim parallel to the shore or so that the beach is to your left or right. Do not try to swim directly back to the shore.



UPCOMING WELLNESS HIGHLIGHTS:

- **July 1st** kicks off a new FitBit Challenge! An email will be sent with additional details. Don't forget to wear your FitBit this July! The Goal this month will be 175, 000 steps in the month of July.
- **July 17th**: Begin eating Iron Rich Foods if Donating Blood!
- **July 18th**: Premier's Quarterly Blood Drive
- **August 12th**: The Wellness Committee is hosting our 3rd Annual Bowling Social Event.



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.

