



PREMIER

WELLNESS E-NEWSLETTER

October 2017

WELLNESS ASSOCIATE HIGHLIGHT:

We are so pleased to announce we had 6 associates participate in the 2017 Goliath Gauntlet on Saturday October 7th: **Kevin Fedish, Michael Aguirre, Patrick Reache, Patrick Hatchwell, Oksana Dubnytska and Nikki Bozick**. We'd also like to highlight the Premier support and photographer: **Ron Pierre**. The Goliath Gauntlet is 3 plus miles with 20 plus obstacles courses. Here is just a few examples is the obstacles: participants have to climb rope walls, army crawl through mud and gravel, rock climb, run across boards on water, and submerge their entire body in ice. According to Kevin, his favorite part of the race was, "When the entire team was able to climb a large wall and work together as a team!" Nice work everyone – very impressive!



OCTOBER IS BREAST CANCER AWARENESS MONTH:

Each year Premier participates in Breast Cancer Awareness Month, which is a campaign to increase awareness of the disease, educate women and men on early detection and to raise money towards a cure.

What is Breast Cancer? Breast Cancer is a group of cancer cells (malignant tumor) that starts in the cells of the breast

Breast Cancer Facts: 1) 1 in 8 Women will be diagnoses with breast Cancer in her lifetime. 2) Breast Cancer is the most commonly diagnosed Cancer in Women. 3) Although Breast cancer in men is rare, an estimated 2,470 men will be diagnosed with breast cancer and 460 will die each year. Please check out our educational flyers provided throughout the month of October for more information.



UPCOMING WELLNESS HIGHLIGHTS:

Flu Shot Clinic: The Wellness Committee Once is hosted its annual Flu Shot Clinic on **Today, Tuesday October 10th**. We are happy to say we had **18 Associates** participate this year! Way to go Premier!

Breast Cancer Awareness Week: This year we'd like to dedicate a whole week to Breast Cancer Awareness. Please wear pink the entire week of **October 16th-20th** to support awareness. We will be doing a group photo on **Friday October 20th**, so please make sure to wear your pink shirt on Friday! We will also be doing something special in the kitchen on Thursday – check your email!

Making Strides against Breast Cancer Run/Walk 5K & Fundraiser: On **Saturday October 21st**, the Wellness Committee is running or walking in the Making Strides against Breast Cancer 5K. All ages welcome. Please sign up or donate using the link in the Making Strides Email.

Movember: November is all about Movember! Movember is a foundation tackling Men's Health. They focus on some of the biggest issues such as: Prostate Cancer, Testicular Cancer, mental health and suicide prevention.

Insane Inflatable 5K: Some Premier associates have come together to plan a 5K that is very unique and fun on **Saturday, November 11th**. We have 9 associates who are already interested so we wanted to spread the word! This is a 5K course filled with bouncy house obstacles and slides. If you and your family are interested we will be sending out an email with additional information. We are so excited our Premier associates are finding ways to keep their Wellness a priority while having fun!

Palm Beaches Marathon/Half Marathon/5K: Sunday December 3rd the Wellness Committee is participating in the Palm Beaches Marathon/Half Marathon/5K. There is also a Kids 1 Mile for any families who are interested in attending. This is a great way to dedicate a training program through the Holiday season to stay in shape. We already have 2 associates dedicated to attending. More details to come!

Holiday Wellness Buddies: We will be doing the annual Holiday Wellness Buddies this year once again in early December. We can't wait!



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.

