



PREMIER

WELLNESS E-NEWSLETTER

November/December



WELLNESS ASSOCIATE HIGHLIGHT:

This past month we had **10 associates** participate in the Insane Inflatable 5K. This 5K was filled with bouncy house obstacles and slides. We are so excited the following associates came together and planned and participated in a unique and fun 5K:

-Brian Squillace
-Kevin Fedish
-Patrick Hatchwell

-Michael Aguirre
-Oksana Dubnytska
-Marlene McKay
-Dennis Poore

-Natasha Jefferson
-Jacqueline Walker
-Marie Charleus

Great work Everyone!

HOW TO KEEP OUR WORKPLACE HEALTHY THIS SEASON:

Flu and cold season is among us as the sound of sniffles and coughs resonates in the building. It's important during this time we consider all of our part in keeping everyone safe and healthy. We've listed a few germ busting protocols below to keep you and our neighbors safe:

- 1) Avoid Close Contact with people who are sick.
- 2) Cover your nose and mouth when sneezing and coughing with a sleeve or tissue.
- 3) Stay Home when you are sick if possible.
- 4) Wash your hands:
 - a. Rub Vigorously with soap and water
 - b. Rinse thoroughly with water
 - c. Dry hands with a clean towel
- 5) Clean frequently touched surfaces such as door handles and door knobs.
- 6) Be prepared and informed.

HEALTHY EATING DURING THIS WINTER SEASON:

During this season it's hard to stay on a diet or keep your healthy eating on track. We have a few tips on how to have fun while also focusing on your wellness goals:

- 1) Focus on the people – remember that parties are about visiting with friends and not about eating the food.
- 2) Make the party the occasion but not the rule – if you end up splurging, just get back on track the next day.
- 3) Eat prior to attending parties so you are already full!

UPCOMING WELLNESS HIGHLIGHTS:

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 this season to stay in shape. We already have 3 associates dedicated to attending. Please check your email on details on how you can attend.

Secret Wellness Buddies: We will be doing the annual **Secret Wellness Buddies** this year once again. We will be sending an email out this week with directions on how to sign up! We will be exchanging with our buddies on **Friday December 15th, 2017!**



**Tips for
A HEALTHY,
happy and
MINDFUL
holiday season.**



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.



PREMIER EXPERTISE. PREMIER SERVICE.