



February 2018



2018 WINTER OLYMPICS:

This month the 2018 Winter Olympics are taking place in PyeongChang, South Korea. The modern day Olympics features sporting events in summer and winter competitions every four years. Athletes from all around the world participate and compete against each other in 33 different sports and nearly 400 events. They also offer an opportunity for the host city and country to showcase themselves to the world. The opening ceremony begins with hoisting the host's flag, their national anthem, artistic displays of music, dancing and theatre to represent its culture. The symbol of the Olympics is the rings portrayed in the top left picture. The colors of the rings – blue, yellow, red, black, green and red symbolize every nation's flag as every country has at least one of these colors in their flag. The creation of the modern Olympics was inspired by the ancient Olympic Games in Greece.

Medalists:

The first, second and third place winners receive a gold medal for first, a silver for second and a bronze for third. Up until 1912 the Gold medal was solid gold, but today the medal is only gold plated. The United States has already won 5 Gold, 1 Silver and 2 Bronze Medals in the 2018 Olympics. 4 of the Gold Medalists (Sean White, Chloe Kim, Jamie Anderson and Redmond Gerard) are snowboarders and the 5th to win is Mikaela Shiffrin in the Ladies' Giant Slalom in Alpine Skiing. Events continue until February the 25th, so take an opportunity to watch and catch a piece of history happening before your eyes!



FEBRUARY IS HEART HEALTH MONTH:

Heart disease is the leading cause of death for both men and women, and also one of the most preventable diseases.

What is Heart Disease?

This is a broad term for a wide variety of diseases of the heart and blood vessels ranging from coronary artery disease, heart rhythm disorders and defects of the heart at birth.

Heart Attacks:

2/3 of people with Heart Attacks experience chest pain, shortness of breath or fatigue a few days or weeks before the attack. During an attack, people may experience pain in the middle of the chest which can spread to the back, neck, jaw or arms, nausea and vomiting, light headedness, shortness of breath, feelings of restlessness or anxiety, bluish lips and heavy pounding of the heart.

Helping a Victim of Sudden Cardiac Death:

1) Call 911 Immediately 2) Begin CPR 3) Utilize an AED & Follow the Instructions Carefully.

The chances of survival for a victim drop by 7 to 10 percent for every minute that passes without CPR or defibrillation. Very few attempts succeed after 10 minutes. Did you know Premier has an AED in the Hallway around the corner from John Lumley's office? More to come in the weeks ahead on how to volunteer to train to use this device in case of emergency as well as CPR training.

UPCOMING WELLNESS HIGHLIGHTS:

- We have a **Blood Drive March 27th**. We will be sending out an email so you can sign up. Every donation helps save lives – we encourage new people to participate! A wellness exam is provided each time you donate!
- We have a FitBit Challenge coming up this April – make sure you have your FitBit charged and ready to go!
- More to come about additional events in the upcoming month – keep a look out in your email.



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.

