



April 2018



WELLNESS HIGHLIGHT:

Last week Premier hosted a blood drive and we had 15 associates donate blood. Our blood drive also drove in an additional 5 donors from the surrounding offices. With just Premier alone we saved 45 lives, and if you include the additional people our drive recruited – that’s **60 lives!** We are happy to say this was a successful blood drive and we’d like to thank the following Premier associates for donating:

Alessandra Castro, Kevin Fedish, Linda Howard, Sherene Hill, Teresa Wong, Elizabeth Colon, Whitney Glover, Donald Caton, Edna Rodriguez, Liz Reed, Jaime Morales, Jorge Terron, Marta Antoine, Virginia Creamer



American Red Cross

RED CROSS TRAINING:

On April 4th we had 8 associates participate in a CPR Training here at Premier. They were certified by the American Red Cross to handle emergency situations here at work such as: choking emergencies, emergencies requiring CPR and use of an AED (Automatic External Defibrillator) as well as how to assess someone’s condition and handling 911 calls.

Did you know effective bystander CPR provided immediately after sudden cardiac arrest can double or triple a victim’s chance of survival? Those first few minutes can be critical in the outcome of the emergency.

We would like to thank the following associates for their time and for volunteering to be our CPR/AED Certified first responders:

John Lumley, Lee Thomas, Virginia Creamer, Shari Basye, Duane Carter, Patrick Hatchwell, Hallie Paxton and Kevin Fedish.



UPCOMING WELLNESS HIGHLIGHTS:

-This month we are having another **FitBit Challenge**. Don’t forget to dust off your FitBit and charge it to join us! The goal is 175,000 steps and you must be part of the online FitBit Premier Group. If you are not, please email Wellness@premiereyecare.net and provide us with the email you used to sign up your FitBit.

-**Goliath Gauntlet April 14th**. This year the Goliath Gauntlet is rolling out new obstacles on our Davie campus, so bring your best game as you compete in our updated, 2.75 mile course.

-**Salad Day – May 24th**. Leave your lunch at home and join us for our healthy lunch alternative for Salad Day!



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



PREMIER EXPERTISE. PREMIER SERVICE.