



June 2018

**WE ARE RIDING TO
FIGHT
KIDS'
CANCER!**

THE GREAT CYCLE CHALLENGE 2018:

The Great Cycle Challenge started in 2015, and after just 3 years, the event has grown to become one of the biggest cycling events in the United States. People of all ages, abilities and from every state across the country set themselves a personal riding goal and challenge themselves to pedal throughout June to fight kids' cancer. In 3 years, our community of riders from all 50 states have ridden a total of 7,516,295 miles, and together we've raised \$9,219,511 in support of research to develop better treatments and find a cure for childhood cancer. *Why?* **Because over 15,700 American children are diagnosed with cancer every year, and sadly, 38 children die every week.**

MEET MACKALE

When MacKale was 11, he was diagnosed with **osteosarcoma**, a type of bone cancer. Hearing the word 'cancer' is a devastating blow for any kid to handle, but especially difficult for a kid as athletic and driven as MacKale. Since his diagnosis, MacKale has endured **hundreds** of nights in the hospital, countless rounds of chemotherapy and a **14-hour surgery** to try to save and rebuild his leg. "However, MacKale has never let his treatments get in his way for long. When he was spending days at a time in the hospital, he would crutch down the hallways and wave to the other kids. He especially felt for the kids who were too sick to be let out of their rooms – so he pulled up a chair outside their windows to play with them through the glass. When MacKale found out trying to save his leg meant he wouldn't be able to ski – a non-negotiable for him – he decided he wasn't interested in saving his leg. He and his family made plans for the surgery - to amputate his left leg above the knee. MacKale is now home from the hospital, recovering from surgery and learning how to get around, with the help of his parents, brothers and dog, who likes to lay her head on the wrap around MacKale's leg. What a strong kid!

ASSOCIATE HIGHLIGHT:

This month we'd like to highlight **Jeffrey Castillo**, from our IT team. Jeff is currently committed to a healthy lifestyle of diet and exercise. He enjoys doing many outdoor activities and is currently training CrossFit 4-5 days a week. Jeff focuses on a diet of low carbs, little to no red meat and a heavy load of Vegetables high in fiber, antioxidants and vitamins. Jeff's favorite go to health snack(s) are smoothies (Fruit and veggies). His favorite quote of inspiration is from Professional Body Builder and 8 time Mr. Olympia Champion Ronnie Coleman "Everybody wants to be a bodybuilder, but nobody wants to lift no heavy weights." Way to go **Jeff!** Keep up the hard work and dedication!

UPCOMING WELLNESS HIGHLIGHTS:

- We have a **Blood Drive June 19th**. You may be able to donate blood to help those being treated at Broward County hospitals. OneBlood®, an established Premier Wellness Committee partner, has put out a call for donors. It has an urgent need for O-negative blood.
- We have our next FitBit Challenge coming up this July – make sure you have your FitBit charged and ready to go!



Save a Life! Donate Blood.

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.

