



July 2018



UV Safety Awareness Month:

It's no surprise that UV Safety Month is in July – a month filled with hot days, summer vacations and plenty of outdoor activities. Despite ongoing awareness efforts around sun safety, a million cases of skin cancer are still diagnosed every year. One in five Americans will get skin cancer during their lifetime, and it's the second-most diagnosed form of cancer in 15 to 29 year-olds. These are sobering statistics indeed. But, there is good news too. When detected early, skin cancer has a 98% survival rate.



The Great Cycle Challenge Summary:

The Great Cycle Challenge was a major success! A special shout out to those who participated in the Cycling and Fundraising:

- Patrick Hatchwell
- Nikki Bozick
- Jason Panos
- Kevin Fedish
- Isabel Escosteguy
- Lacy Hennessy
- Elizabeth Colon

Together we raised **\$3,171.99** and biked a total of **1,188** miles! The Premier Team finished ranked **93rd** out of a total of **3,422** teams! And finished as the **5th** Overall team in the **HealthCare & Medical Industry!**

We even had Two Associates make an appearance on a billboard in **New York Times Square!**

We are very proud of all those who rode, fundraised, and donated to such a great cause. With everyone's help we may one day see cancer eradicated. Thank you again and **GREAT WORK TEAM PREMIER!**



UPCOMING WELLNESS HIGHLIGHTS:

- **July 1st** kicks off a new FitBit Challenge! An email will be sent with additional details. Don't forget to wear your FitBit! The Goal this month will be 175,000 steps in the month of July.

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.

