



October 2018

OCTOBER IS BREAST CANCER AWARENESS MONTH:

Chastity from the Medical Administrative Services team wanted to share her personal journey with Breast Cancer:

“In January 2011, I was diagnosed with Breast Cancer. I was 34 years old the same age my sister was when she was diagnosed and died from Breast Cancer. I was scared to say the least and all I could think of was not dying from this because I had a son that I wanted to see grow up. That’s when I took action. I believe that with faith and an excellent group of doctors I was able to beat this beast. I felt that I was spared for a reason. I noticed that there was not a lot of awareness for young people out there and I thought I had to do something. The office where I received my mammogram gave me a call and asked me if I would like to tell my story. Without hesitating I agreed. I know that it is not easy to talk about things like this, but it is important because it can save a life. That is why I will continue to bring awareness so that people will see that no matter what age you are, young or old, we all have a fighting chance to beat cancer”

Watch her Full Story here: <https://youtu.be/GRvFHNe0cGA>

UPCOMING WELLNESS HIGHLIGHTS:

Flu Shot Clinic: The Wellness Committee is partnering with CVS pharmacy and is once again is hosting its annual Flu Shot Clinic on **Tuesday October 9th**. We are happy to say we had **18 Associates** participate last year, let’s see if we can beat that this year!

Breast Cancer Awareness Day: We will be doing a group photo on **Friday October 12th**, so please make sure to wear your **pink** shirt on Friday!

Making Strides Against Breast Cancer Walk: Sunday, October 14th at FAU, the Wellness Committee is running or walking in the Making Strides against Breast Cancer 5K. All ages welcome. Please sign up or donate using the link in the Making Strides Email we will be sending out. We will have a Premier team, so please wait for the email to sign up!

November: November is all about Movember! Movember is a foundation tackling Men’s Health. They focus on some of the biggest issues such as: Prostate Cancer, Testicular Cancer, mental health and suicide prevention. Attention Guys: Grow them mustaches out for the month of November!

Solider Rush: Premier is sponsoring the Soldier Rush 5K on **Saturday November 10th**. This is a military obstacle course race, designed for all fitness levels to push past their limits. Soldier Rush was created to help and support our veterans, and this year they are also fundraising for the Marjory Stoneman Douglas High School in Parkland. Please check your email for further instructions.



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.

