



PREMIER

WELLNESS E-NEWSLETTER

September 2018

WELLNESS ASSOCIATE HIGHLIGHT:

We talked to Brandy Sanders in Claims Support and here is what we learned about her new Wellness Plan: Since giving Birth to our little miracle of life, working out has become a little unconventional. Going to a gym is a thing of the past, so therefore I create workouts with my munchkin.

- *Roller Blading
- *Running
- *Stairs
- *Russian twist with baby ect.

I use it to my advantage that she loves to be outdoors just as much as I do. Not to mention it helps her sleep better as well. I try to meal prep my meals in order to maintain a healthy balanced diet, but again sometimes I have to settle for a Meal Replacement shake as mom duties take precedents. Working out and eating properly is a life style that I try and maintain, not only to stabilize my Polycystic ovarian syndrome (PCOS) but in hopes of teaching me daughter the meaning of SELF-LOVE, HEALTH and WELLNESS. (Nice Work Brandy!)



◆ OKEEHEELEE PARK

OCTOBER IS BREAST CANCER AWARENESS MONTH:

Each year Premier participates in Breast Cancer Awareness Month, which is a campaign to increase awareness of the disease, educate women and men on early detection and to raise money towards a cure.

What is Breast Cancer? Breast Cancer is a group of cancer cells (malignant tumor) that starts in the cells of the breast
Breast Cancer Facts: 1) 1 in 8 Women will be diagnoses with breast Cancer in her lifetime. 2) Breast Cancer is the most commonly diagnosed Cancer in Women. 3) Although Breast cancer in men is rare, an estimated 2,470 men will be diagnosed with breast cancer and 460 will die each year. Please check out our educational flyers provided throughout the month of October for more information.



WELLNESS EVENTS:

Blood Drive: Thursday September 13th, Premier participated in another blood drive! A big thank you to everyone that participated. Honor Roll to be posted next newsletter.

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.

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 High School in Parkland. Please check your email for further instructions.

Bowling: We haven't forgotten about everyone's favorite event. We will be sending out an announcement about the bowling event in the coming weeks. We are looking forward to seeing our associates for some social wellness and bonding over yummy food and bowling. More to come!



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.

