



PREMIER

WELLNESS E-NEWSLETTER

December 2018



UGLY CHRISTMAS SWEATER: A VERY BRIEF HISTORY

Once again Premier will be celebrating hideous holiday apparel! Ugly sweaters have been around for a long time. Like most great discoveries, these were probably created by accident when someone missed a purl one or a knit two. Later on, some crafty grandmas probably thought they were doing their grandkids a favor by adding garish decorations. But sweaters that were designed to be hideous on purpose actually came on the scene in the 1980s thanks to characters like Bill Huxtable, and later, Clark Griswold of National Lampoon fame. The tacky sweater might have died a quiet death in the 90s had not two gents from Vancouver, Canada (surprise!), which is now considered the tacky Christmas sweater capital of the world, created the first ever Ugly Sweater party. The party was a smash hit, and soon similar events were showing up all over the Northern Hemisphere, which includes Premier Eye Care. Soooo...

Please join us next Friday, December 21st and show off your best Ugly Christmas Sweater!



CONGRATULATIONS WINNERS OF THE WELLNESS AWARD

The nominees for the 2018 Wellbeing Award were: Marlene McKay, Gabriela Marin, Liz Colon, Natasha Jefferson, Kevin Fedish, Jeff Castillo, Dr. Hecht, Iris Lushan, Randy Goodhope, John Lumley, Nikki Bozick, Dauna Young Brandy Sanders, Anna Sena, Marta Antoine, Mari Abramowicz, Jennifer Roza, Michelle Curtis, Chastity Smith, Bridget Linnabery, Patrick Hatchwell and Melinda Barrett. Congratulations to all the nominees.

The winners of the Wellness Award set a great example for setting goals and achieving them in 2018 and we are sure they will continue to do so in 2019! Congratulations to Iris Lushan, Marlene McKay, and Jeff Castillo for an outstanding example



Specific
Measurable
Achievable
Realistic
Time-bound

SMART GOALS

The New Year is coming! This is the time where we reflect on the past year and decide on changes for the next. In order to make these changes, you need one thing: a goal. Setting SMART goals means, you can clarify your ideas, focus on your efforts, use your time and resources productively, and increase your chances of achieving what you want in life.

Specific (simple, sensible, significant)

Measurable (meaningful, motivating)

Achievable (agreed, attainable)

Relevant (reasonable, realistic and resourced, results-based)

Time bound (time-based, time limited, timely)

Use these tips to make 2019 your best year!

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.



PREMIER
EYE CARE

PREMIER EXPERTISE. PREMIER SERVICE.