



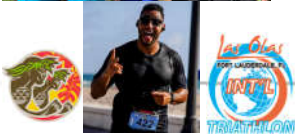
April 2019



HAWAII KING'S RUNNER 10K AND LAS OLAS TRIATHLON.

This past March 3rd, the first Premier Hawaii-sponsored event was the King's Runner 10k. This was the first 10K for all participants except Jason Panos (1:57:04). Congratulations to Stacie Somlak (1:56:52), Dr. Motedaeiny (1:49:26), Dr. Hecht (1:49:27), and Chris McClain (1:46:32). In ancient Hawaii, King's Runners were known as Kukini and ran with messages across the islands for the King. This 10K is the lead-up to the Hawaii marathon and half marathon. Entrants of the Honolulu Marathon run "In the footsteps of the King's Runner."

Congratulations also go out to Jeff Castillo on finishing his first sprint triathlon at the Las Olas Triathlon on March 11th. His next planned triathlon is Escape to Miami, which will be a Premier-sponsored event in September. More to come. **Congratulations to all our Premier athletes!**



STRESS AWARENESS MONTH

Stress Awareness Month takes place every April and has since it first launched in 1992. Stress can be caused by a sudden traumatic event or even just the expectations of daily life. There are many ways to minimize stress such as maintaining a healthy lifestyle, talking about your feelings, and dedicating time to relaxing.

If left unchecked, stress can be deadly — in fact, stress is often referred to as the "silent killer" because although its effects are not immediately apparent, it can lead to a number of serious health problems such as high blood pressure and heart disease.

If you are suffering from stress, you can find help and resources on the internet, or you can seek advice from a healthcare professional.



NATIONAL PUBLIC HEALTH WEEK - APRIL 1st – 7th 2019

During the first full week of April each year, APHA brings together communities across the United States to observe National Public Health Week as a time to recognize the contributions of public health and highlight issues that are important to improving our nation's health. For over 20 years, APHA has served as the organizer of NPHW. Every year, the Association develops a national campaign to educate the public, policymakers and practitioners about issues related to each year's theme. APHA creates new NPHW materials each year that can be used during and after NPHW to raise awareness about public health and prevention.

Monday – Healthy Communities. Tuesday – Violence Prevention. Wednesday- Rural Health. Thursday – Technology and Public Health. Friday – Climate Change. Saturday and Sunday – Global Health. Other initiatives include the Billion Steps Challenge as well as Student Day Discussion on April 4th.

Fact sheets are available at: <http://www.nphw.org/nphw-2019>



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.

