



September 2019

WELLNESS UPDATES



Congratulations to everyone who participated in the August Step Challenge. We had 54 associates participate with 44 who met or exceeded the challenge goal of 175,000 steps. We had 25 who surpassed 300,000 steps. In total, we walked 14,508,269 steps or almost 5,500 miles. Incredible job!

On Wednesday September 18th, Premier will be holding another blood drive in conjunction with OneBlood. As an incentive, all donors will receive a coupon for a free Guacamole at Roco's Tacos, as well as a \$15 off coupon of \$45 at the Melting Pot various locations.

On Wednesday, September 25th, Premier will be partnering with CVS pharmacy again for our annual flu shot clinic. CVS will be onsite that day for those interested in getting their flu shot. More information to follow.

CHILDHOOD CANCER AWARENESS MONTH

Cancer is a disease in which cells grow and divide with little or no control. There are many different types of cancer. Cancers are typically named for the organ or the cell where the cancer begins. Some cancers can spread from the original site and move to other places in the body. Cancer in children occurs when formerly healthy cells mutate, and replicate much more than they should.

Facts:

On average, pediatric clinical trials begin 6.5 years after adult trials.

There are 43 children diagnosed with cancer each day.

In the US, only 4 cancer treatments have been specifically developed and approved for children since 1980; during which time 100+ were developed for adults.

Cancer is the #1 cause of death by disease for children in America.

<https://www.acco.org/get-involved/>



September is
Childhood Cancer
Awareness Month



SEPTEMBER 29TH - WORLD HEART DAY

Cardiovascular disease is the world's number one killer today. However, it does not need to be this way. This year on World Heart Day, as part of our mission to ensure heart health equity for all, we want to create a global community of Heart Heroes... people from all walks of life who are acting now to live longer, better, heart-healthy lives by making a promise:

- **A promise to our families** to cook and eat more healthily.
- **A promise to our children** to exercise more and help them to be more active.
- **A promise as a policymaker** to support policies that promote healthy hearts.
- **A promise as a team member** to invest in heart-healthy workplaces.

A simple promise... for MY HEART, for YOUR HEART, for ALL OUR HEARTS.



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
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