



PREMIER

WELLNESS E-NEWSLETTER

December 2019



UGLY HOLIDAY SWEATER AND GIFT EXCHANGE

You've been waiting ALL YEAR and it's here. Premier's annual Ugly-As-Heck-Holiday-Sweater event is taking place on Wednesday December 11th. Dust off that Bedazzler and get creative! Or simply go out and buy the sickest knitwear you can find. Just make sure it makes you cringe with holiday spirit! And this year, we're giving away medals! Yes. It's true.

On Thursday December 19th we'll be doing the Premier Eye Care Secret Wellness Buddies Gift Exchange through Elfster. Nothing makes you feel better than getting into the spirit of giving, and then you get a present on top of that. Win-win all around! The suggested gift price is around \$25. If you're interested, just register here:

<https://www.elfster.com/gift-exchanges/87adc07d-83c2-422b-a92e-6fa90953658b/?join=oddh>



HEALTHY EATING FOR THE HOLIDAYS

How do you maintain your healthy eating habits during a family feast? How can you make sure that the turkey is the only one stuffed during the holiday season?

Concentrate on socializing, making new acquaintances, and having fun. Spend time conversing with relatives or reminiscing with old friends. Think about what you are celebrating, not just about how great the food is!

When you arrive at celebrations, check out all the food options and develop a plan that will enable you to sample foods you enjoy without abandoning the good habits you have formed. Remember, it is OK to have some holiday treats, just spend your calories wisely and then enjoy the foods you choose!



NATIONAL HANDWASHING AWARENESS MONTH

Handwashing can help prevent illness. It involves five simple and effective steps (Wet, Lather, Scrub, Rinse, Dry) you can take to reduce the spread of diarrheal and respiratory illness so you can stay healthy. Regular handwashing, particularly before and after certain activities, is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. It is quick, it is simple, and it can keep us all from getting sick. Handwashing is a win for everyone, except the germs.

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.

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.

