

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



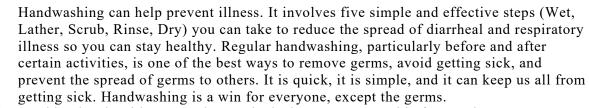
HEALTHY EATING FOR THE HOLIDAYS

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



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

YOUR

Let's give everyone

a [clean] hand

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.



