

JANUARY 2022



How to Access your Passport For Good and Jumpstart 2022!:

Go to www.p4g.app/Ellis or by scanning the QR Code

1. User Name is **Ellis** email address
2. Password is your **Birth Month, Birth Day & Last Name** (no capitals or spaces) **ie. 0131smith**



EAP Webinars

ANXIETY FREE: RESTRUCTURING THOUGHTS TO ELIMINATE ANXIETY

January 5TH | 12-1 PM Register at:

https://us02web.zoom.us/webinar/register/WN_BC_yO-MTvasmrey4exUKg

Anxiety affects more Americans every year than any other mental health disorder but is also the disorder that can be treated most effectively. This class will outline approaches to anxiety management and reduction proven to work. Participants will learn about the physiology of anxiety and will have the opportunity to try out techniques in class such as identifying core beliefs, breathing and relaxation, and anxiety acceptance. Participants will leave with an understanding of tools that can be used to reduce anxiety and how the therapeutic process can be used to support this process.

WORK-LIFE BALANCE: THE SECRETS TO LIVING A BALANCED LIFE

January 19TH | 12-1 PM Register at:

https://us02web.zoom.us/webinar/register/WN_zAxvwiepTa6b-pmw10Cnlw

In this training, participants will explore beliefs and perspectives of the meaning of a balanced life, map a true picture of their current life and their ideal balanced life and walk away with applicable, practical strategies to create greater balance in their lives.

MVP Health Care Living Well Programs

Visit our online calendar for our virtual and in-person offerings including Inward Office, Inner Bliss Yoga discount, and Healthy Eating on a Budget webinar with Capital Roots! Most classes are open to all! <https://www.mvphealthcare.com/members/health-and-wellness/healthy-lifestyle/>

Get 2022 Passport credit for the Tobacco Free Attestation!

Virtual Butt Stops Here Tobacco Cessation Programs

The Virtual Butt Stops Here program is a 7-week tobacco cessation program made possible through a collaboration of several community health partners, including Ellis Medicine and MVP Health Care. Participants will learn about nicotine addiction, nicotine replacement therapies, stress management and coping techniques, share experiences and goals, and utilize a private, online social support network to aid in their tobacco cessation. Register for upcoming sessions here: sphp.com/quitsmoking or on the MVP Living Well Program Calendar link above.