

May 2022



ELLIS MEDICINE
Helping me be a
HEALTHY ME

Your feedback is important to us! The annual HEALTHY ME survey is extended through May 6. Everyone who submits a survey will be eligible for a chance to win 1 of five, \$25 Amazon Gift Cards! You can click the following link: <https://forms.office.com/r/hU6DdiFWhk> or scan our QR code to take the survey-it only takes 5 minutes, is mobile friendly and completely anonymous!



HM Survey

Get 2022 Passport credit for the Tobacco Free Attestation!
Butt Stops Here Tobacco Cessation Programs are back IN PERSON!

The Butt Stops Here is a six-week tobacco-cessation program that can help you quit smoking, or help you quit other tobacco products. This award-winning program has helped thousands quit! The program includes a workbook, relaxation CD, and two weeks of free nicotine patches or gum. It is an award-winning program that has helped THOUSANDS to QUIT! This session is open to Ellis Medicine employees and to the community. **FREE for Ellis employees, MVP Members and CDPHP members. Register: ellismedicine.org/smoking OR call 518.831.6957.**



MVP LWP

MVP Health Care Living Well Programs- Open to ALL

Visit our online calendar for our virtual and in-person offerings including **Mental Health Awareness Month offerings in May!** Programs include 15-minute Guided Meditations, Mindful Doodling and Chair Yoga sessions, MHANY webinars and more! <https://www.mvphealthcare.com/members/health-and-wellness/healthy-lifestyle/> or Scan our QR code!

EAP WEBINAR: UNDERSTANDING ANGER

May 3rd | 12-1 PM Register at:

https://us02web.zoom.us/webinar/register/WN_ciDU1njvRgKftgWYUorYIA

EAP WEBINAR: SEATED SERENITY

May 12th | 12-1 PM Register at:

https://us02web.zoom.us/webinar/register/WN_qGs2CzLyRD2E6H5-b5iQqQ

MENTAL HEALTH AWARENESS AND ASSISTANCE

May 25th | 12-1 PM Register at:

https://us02web.zoom.us/webinar/register/WN_evxWilniRiKkv5NTmzkX0g

VALC/AIG WEBINAR: RETIREMENT PATHFINDER: Are you on track for the retirement you envision?

May 19th | 12-1 PM Register at:

<https://my.valic.com/SeminarRegistration/availableSeminars.aspx?csr=Nt8mdlt5PAW8bHN0WR13QvyD3qPEzGMipp+0m52gQjY=&AvlSeats=True>