

June 2022



EAP WEBINARS Open to Employees and Family Members.

Nutrition and Stress

June 9th | 12-1 PM Register at:

https://us02web.zoom.us/webinar/register/WN_XRGP23gfRBSMtldrvDHH7w

Diversity and Cultural Competency

June 14th | 12-1 PM Register at:

https://us02web.zoom.us/webinar/register/WN_tOSLndYoTQ2sOwKcegENFQ

LGBTQIA+ Awareness in the Workplace

June 22nd | 12-1 PM Register at:

https://us02web.zoom.us/webinar/register/WN_PT2ZhVQMSkClkyO9wYckkg

MVP Health Care Living Well Programs- Open to ALL

Free Yoga at the Harbor is Back! MVP Living Well Programs is excited to announce a continuation of our proud partnership with Inner Bliss Yoga to offer free Meditation and Yoga on Sunday mornings, June 5th through August 28th at the Mohawk Harbor Amphitheater, 220 Harborside Drive, Schenectady, NY 12305. Inner Bliss will be offering instruction for breath techniques (Pranayama) and guided meditation from 8:30-8:50am and Yoga from 9:00-10:00am. Registration is open on our Living Well Program Calendar! Click on or copy and paste the direct link to Harbor Yoga registration:

<https://www.mvphealthcare.com/about-mvp/community-events/details/inner-bliss-yoga-at-the-harbor-6363/>

or Scan our QR code to our calendar for all programs!!



MVP LWP

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. Register for upcoming sessions here: sphp.com/quitsmoking or on the MVP Living Well Program Calendar link <https://www.mvphealthcare.com/members/health-and-wellness/healthy-lifestyle/> or Scan our QR code above!

Ellis Fitness- Open in McClellan Campus for Ellis Employees!

Ellis Fitness offers employees the opportunity to continue or kick-start all their health goals in one convenient location. Come and visit the fresh new space lined with rows of treadmills, ellipticals, stationary bikes, free weights, and over 10 exercise machines; Ellis Fitness has something for everyone- including Yoga Wednesdays with Amy Waylett | 4:30 – 5:30 PM. **Ellis Fitness Registration Survey Link** <https://forms.office.com/r/MDF9T4K7XX> Email fitness@ellismedicine.org

Coming soon- Healthy Me Shape Up, Measure Up 4-week Challenge on Passport For Good. Look for registration information mid-June!

Passport: www.p4g.app/ellis | Email: wellness@ellismedicine.org | Website: ellishealthyme.org