

# August 2022



## Register for all Healthy ME activities on the Passport 4 Good! (P4G)

- Log into [www.p4g.app/Ellis](http://www.p4g.app/Ellis) or scan our QR code!
- Learn all about P4G at [2022 Passport/P4G – HEALTHY ME](http://2022.Passport/P4G-HEALTHY ME) ([ellishealthyme.org](http://ellishealthyme.org))

## EAP and VALIC/AIG WEBINARS Open to Employees and Family Members.

### Compassion Fatigue: Healing the Helper

August 4<sup>th</sup> | 12 – 1 PM Register at:

[https://us02web.zoom.us/webinar/register/WN\\_BQ612qyXSwmnQVcc935pog](https://us02web.zoom.us/webinar/register/WN_BQ612qyXSwmnQVcc935pog)

### Food is Medicine Behavioral Workshop

August 23<sup>rd</sup> | 12-1 PM Register at:

[https://us02web.zoom.us/webinar/register/WN\\_gdwXIAWgTfai\\_90orpw4Gg](https://us02web.zoom.us/webinar/register/WN_gdwXIAWgTfai_90orpw4Gg)

### Understanding Substance Use Disorder

August 31<sup>st</sup> | 12-1 PM Register at:

[https://us02web.zoom.us/webinar/register/WN\\_v1PVxbZbT7Spp8wUyFHe\\_g](https://us02web.zoom.us/webinar/register/WN_v1PVxbZbT7Spp8wUyFHe_g)

### AIG/VALIC: Cash Management

August 11<sup>th</sup> | 12-1 PM Register at:

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

**Food as Medicine: Dr. Benita Zahn, Ph.D.** | Sponsored by the Diversity, Health Equity and Inclusion Committee.

August 10<sup>th</sup> | 12 – 1 PM Register at:

<https://us02web.zoom.us/meeting/register/tZ0rc-qoqTwwHt1GAvNBC6hukYbw86NLzgNS>

## 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. Ellis Fitness has something for everyone. Core Conditioning Class Tuesdays 12:05-12:35 PM. **Ellis Fitness Registration Survey Link** <https://forms.office.com/r/MDF9T4K7XX> Email [fitness@ellismedicine.org](mailto:fitness@ellismedicine.org)

## Get 2022 Passport credit for the Tobacco Free Attestation!

### In-Person or Virtual Butt Stops Here Tobacco Cessation Programs

In-Person at the McClellan Campus First Floor Conference Room. 6 Wednesdays, September 14-October 19. Register at [ellismedicine.org/smoking](http://ellismedicine.org/smoking) OR call 518.831.6957. 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](http://sphp.com/quitsmoking).

## MVP Health Care Living Well Programs- Open to ALL Ellis Employees

**NEW \$20 discount Adirondack Adventure** Register here: <https://www.mvphealthcare.com/about-mvp/community-events/details/adirondack-adventure-center-voucher-6498/>

**Free Yoga at the Harbor is Back!** Sunday morning meditation 8:30am, Yoga at 9AM. Register here: <https://www.mvphealthcare.com/about-mvp/community-events/details/inner-bliss-yoga-at-the-harbor-6363/>

**NEW FREE CLASS! Strength and Conditioning at the Troy Fitness Court!** Join Certified Personal Trainer, Sarah James- The Balance Beast, for a moderate intensity class with modifications for ALL fitness levels! Classes will meet at Knickerbocker Park, Thursdays at 5:15-6:00 PM on August 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> and September 1<sup>st</sup> and 8<sup>th</sup>. Please wear comfortable exercise clothes and sneakers and bring water. Register here <https://www.mvphealthcare.com/about-mvp/community-events/details/troy-fitness-court-strength-and-conditioning-class/>