

September 2022

61 DAYS UNTIL 2022 WELLNESS PASSPORTS ARE DUE!



2022 HEALTHY ME WALKING CHALLENGE

September 12th through October 9th

1. Click to Register
2. Scan QR Code and add your login

OR

3. Log into www.p4g.app/Ellis and
 - Scroll down to **Your Active Groups**
 - Select **Join More Groups**
 - Click **Join a Group**



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

Suicide Prevention and Awareness

September 7 | 12- 1 PM Register at:

https://us02web.zoom.us/webinar/register/WN_D8VdmQQcRwSiNGXc8sLIWw

Seated Serenity New Time

September 14 | 5:30 – 6:30 PM Register at:

https://us02web.zoom.us/webinar/register/WN_gdwXIAWgTfai_90orpw4Gg

Revamping Self Care

September 28 | 12-1 PM

https://us02web.zoom.us/webinar/register/WN_jigJDi5JSa--weoeUrUJEw

AIG/VALIC: Plan for 100

September 8 | 12-1 PM Register at:

<https://my.valic.com/SeminarRegistration/availableSeminars.aspx?csr=Nt8mdlT5PAW8bHN0WR13QvyD3qPEzGMipp+0m52gQjY=&AvlSeats=True>

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

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 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.

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

Free Yoga at the Harbor is extended through September 25! 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 11th, 18th, 25th and September 1st and 8th. 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/>

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