

NOVEMBER 2022



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

Seasonal Affective Disorder New Time

November 3 | 5:30-6:30 PM Register at:

https://us02web.zoom.us/webinar/register/WN_KbrchnxfR9GGU9YWmcPxSQ

How to Set and Enforce Boundaries

November 10 | 12-1 PM Register at:

https://us02web.zoom.us/webinar/register/WN_RM8kU_r7Rhecqz-fuhbUFQ

Emotional Eating with Kelly's Choice

November 17 | 12-1 PM

https://us02web.zoom.us/webinar/register/WN_-1viE4t9S92JT0ZeV7UA9w

AIG/VALIC: Navigating Student Loan Debt

November 17 | 12-1 PM Register at:

<https://my.valic.com/SeminarRegistration/availableSeminars.aspx?csr=Nt8mdIt5PAW8bHNOWR13QvyD3qPEzGMipp+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. Classes offered Tuesday, Wednesday and Thursday 5:00-5:45 PM and Tuesdays 12:05-12:35 PM, . **Ellis Fitness Registration Survey Link** <https://forms.office.com/r/MDF9T4K7XX> **Email** fitness@ellismedicine.org. Members can register for classes using QR codes found on Ellis Fitness Bulletin Board, or email Ellis Fitness for links.

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

Register for our upcoming webinars using our QR code or copy and paste our link into your browse:

<https://www.mvphealthcare.com/members/health-and-wellness/healthy-lifestyle/>

- One Pot Mexican Cooking | November 9 (virtual)
- Bone Health | November 15 (virtual)



Ellis Medicine Cardiac Classic Join us for our 40th annual Cardiac Classic on Thanksgiving morning, November 24 at Central Park, Schenectady! Registration is now open:

<https://www.ellismedicine.org/cardiac-classic/>

Questions: Call The Foundation for Ellis Medicine at 518.243.4600 or [email schmitzr@ellismedicine.org](mailto:schmitzr@ellismedicine.org)

