



JANUARY 2023



ELLIS MEDICINE
Helping me be a
HEALTHY ME

EAP WEBINARS Open to Employees and Family Members.

De-stress For Work Success - Evening session

January 4 | 5:30-6:30 PM Register at:

https://us02web.zoom.us/webinar/register/WN_pqtOkqMFSnSzH3WrRo1rTg

Promoting Kindness and Compassion in the Workplace

January 12 | 12-1 PM Register at:

https://us02web.zoom.us/webinar/register/WN_RaQexz6cQiamDLXCxhR58g

Reducing Stress Through Self-Care

January 25 | 12-1 PM Register at:

https://us02web.zoom.us/webinar/register/WN_yzb92LGNQ2OsoG4u-yT--w

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. **Ellis Fitness Registration Survey Link**

<https://forms.office.com/r/MDF9T4K7XX> Email fitness@ellismedicine.org.

NEW HOURS in Effect

Monday through Friday | 6:00 AM – 8:00 PM

Saturday | 8:00 AM – 7:00 PM

Sunday | 8:00 AM – 5:00 PM

New Group Exercise Schedule!



Ellis Fitness Registration
QR Code

Virtual Butt Stops Here Tobacco Cessation Programs

What's your reason to quit smoking? Pets? Family? Opportunities?

The Virtual Butt Stops Here program is a **FREE** 7-week tobacco cessation program made possible through a collaboration of several community health partners, including Ellis Medicine and MVP Health Care. Participants will learn about nicotine addiction, nicotine replacement therapies, stress management and coping techniques, share experiences and goals, and utilize a private, online social support network to aid in their tobacco cessation. Register for upcoming **2023** sessions through the St Peter's Health Partners: <https://www.sphp.com/health-and-wellness/community-wellness-programs/the-butt-stops-here>.

MVP Health Care Living Well Programs- Open to ALL Ellis Employees. Register for our upcoming programs using our QR code or copy and paste our link into your browser:

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



MVP LWP QR Code