



MARCH 2023

March is Colorectal Cancer Awareness Month!



ELLIS MEDICINE
Helping me be a
HEALTHY ME

Your input matters! Please take the Healthy ME Survey now through April 15. It is anonymous and mobile friendly. Bonus- you could win a Nutribullet, FitBit Charge 5, or Healthy ME swag (prize survey is separate from the Healthy ME survey). Copy and paste our link into your browser <https://forms.office.com/r/pYabUEVy0i> or scan our QR code.



HM Survey QR code

Know Your Numbers! Keeping track of your numbers for blood pressure, blood sugar, cholesterol, and body mass index (BMI) can provide a glimpse of your health status and risk for certain diseases and conditions. **All it takes is 15 minutes and a finger stick to participate! No fasting is required, and the screening is FREE and open to ALL Ellis Medicine employees! Spouses are welcome at all 3 locations.** Register at: <https://testclientscheduling.as.me/Ellis>

EAP Webinar-Compassion Fatigue: Healing the Helper

March 8 | 12-1 PM Register at:

https://us02web.zoom.us/webinar/register/WN_S7GM3UxnRkq-yb-7Uetsiw

EAP Webinar-Unconscious Bias and Inclusion

March 22 | 12-1 PM Register at:

https://us02web.zoom.us/webinar/register/WN_9Ux503QiQsK1xvL0geNuTQ

EAP Webinar-Work-Life Balance

March 29 | 12-1 PM Register at:

https://us02web.zoom.us/webinar/register/WN_IGLwppRTbCnVn2DFJgEYQ

CAPCOM Webinar- How to Buy a House

March 22 | 12-1 PM

Register at:

https://capcomfcu-org.zoom.us/webinar/register/WN_jeQuIvN7Tb2u7_9srmsJKg

AIG/VALIC Webinar- Plan for 100

March 23 | 12-1 PM

Register at:

<https://my.valic.com/SeminarRegistration/availableSeminars.aspx?csr=Nt8mdlft5PAW8bHN0WR13QvyD3qPEzGMipp+0m52gQiY=&AvlSeats=True>

Ellis Fitness- Open in McClellan Campus for Ellis Employees!

Ellis Fitness has something for everyone. **Ellis Fitness Registration Survey Link**

<https://forms.office.com/r/MDF9T4K7XX> Email fitness@ellismedicine.org. **Open Group Exercise Registration | Register on site at Ellis Fitness or email fitness@ellismedicine.org for registration links!**



Know Your Numbers QR code



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. 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>. **New sessions start week of March 6!**

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/>

All programs count as wellness activity credit on the Passport 4 Good!



MVP LWP QR Code