



MAY 2023



ELLIS MEDICINE
Helping me be a
HEALTHY ME

May is Mental Health Awareness Month

EAP Supportive Call Sessions Tuesdays and Thursdays 11am-1pm through May 25

EAP supportive call sessions are available to all Ellis employees who may need help with stress management, work-life balance or emotional support. **Call 518-456-3813, press option 2 and ask for the Helpline!**

MVP Health Care Living Well Programs- Open to **ALL** Ellis Employees. During the month of May, MVP Living Well programs is offering **FREE** mental health and well-being opportunities. These programs are open to both MVP members and non-members. Register 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

EAP Webinar-Mental Health Awareness and Assistance

May 3 | 12-1 PM Register at:

https://us02web.zoom.us/webinar/register/WN_OBkushbHTVaxdxZg_p4yMg#/registration

EAP Webinar-Team Building

May 17 | 12-1 PM Register at:

https://us02web.zoom.us/webinar/register/WN_o-9PIXdT3CW0inchUd7WQ#/registration

EAP Webinar- Work-Life Balance

May 24 | 12-1 PM Register at:

https://us02web.zoom.us/webinar/register/WN_I0CeSu5HRiKO6w3Sa6LjUQ#/registration

AIG/VALIC Webinar-Your Retirement Plan at Work

May 25 | 12-1 PM

Register at:

<https://my.valic.com/SeminarRegistration/availableSeminars.aspx?csr=Nt8mdlt5PAW8bHN0WR13QvyD3aPEzGMipp+0m52gQjY=&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.

May Group Exercise (Classes are held on a first come, first serve walk-in basis).

Mondays 5:-5:45 PM | May 1, 8, 15, 22 | Cardio/Strength Intervals with Stacie- A little bit of everything to get your heart and muscles pumping!

Tuesdays 5:00-6:00 PM | May 2, 9, 16, 30 | Small Group Training Class with Sarah. Learn how to use equipment and free weights with Sarah, 5 member maximum.

Wednesdays TBD

Thursdays 12-12:30 PM | May 4, 11, 25 (no class May 18) | Core and More with Stacie



Ellis Fitness QR code
Scan for **NEW Member**
Registration

Butt Stops Here Tobacco Cessation Programs- Virtual or In-person (May)

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

The 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>. **Register for in-person session at Ellis's McClellan Campus**

Wednesdays, May 3-June 12 | 5-6 Pm call 518-831-6957 to register! Check out the new 30-minute sessions on the Virtual Butt Stops Here Registration Page (link above).