



May 2024

Mental Health Awareness Month



Use hyperlinks or scan QR codes to register.

June 3rd – June 30th

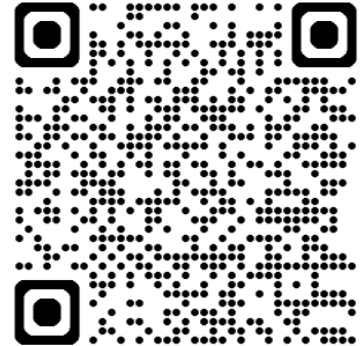
Know Your Numbers Registration



HM S2024 Survey



Passport 4 Good Walking challenge Link



EAP Webinar Mental Health Awareness May 2 | 12-1 PM Register at:



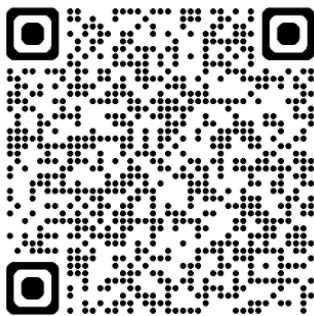
EAP Webinar Preventing and Coping with Burnout May 9 | 12-1 PM Register at:



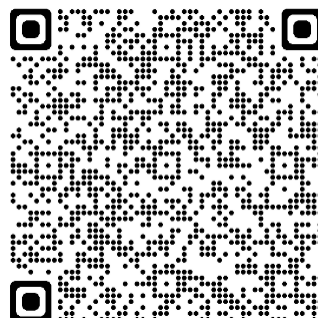
EAP Webinar Understanding Personality Disorders May 29 | 12-1 PM Register



Broadview FCU My Vehicle to Freedom May 21 | 12-1 PM Register at:



Corebridge Fiancial Manangng Life's Risks May 23 | 12-1 PM Register at:



Delta Dental Webinar The Whole "Tooth" About a Healthy Smile May 9 | 3-4 PM



Gia MVP members can download the MVP Gia app for all your virtual healthcare needs! Copayments are \$0, perfect to use while traveling, for students or for virtual behavioral health appointments!

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