



Wellcome Back to Wellness Challenge January 5th through February 1st 2026!

The holiday season can be rough for even the most structured wellness routines and healthy habits. The *WELLcome* Back Challenge is a 4-week program created to help ease you back into a New Year's wellness routine, after a planned (or unplanned) holiday hiatus.

This challenge is meant to be easy to follow and execute and you will receive weekly emails and guidance along the way!

The rules are simple, 5 days a week:

1. Do at least 1, 10-minute session of intentional movement per day
2. Deep breathe, meditate or stretch 2 minutes a day
3. Eat at least 4 servings of fruits and vegetables per day
4. Drink at least 5, 8 oz glasses of water per day

Register [HERE](#) on
Passport 4 Good!

Or Scan the QR Code and add
your login



PRIZES Track your goals on P4G to qualify for awesome raffle prizes including: walking pads, LL Bean snow tubes, Vitamix immersion blenders, YETI lunch bags and Bluetooth headphones.

Follow Healthy ME Online & Win!

This month's winner: **Ilyas Rasooliar**

Two Steps: Go to ellishealthyme.org, enter your email address (Ellis email is preferred but not necessary) where it says "Follow" then "confirm follow" from the email confirmation that is sent to you. You will be entered to win prizes and receive Healthy ME related communications. **It's mobile friendly!**

MVP Living Well Programs Open to ALL!

Visit <https://www.mvphealthcare.com/members/resources/health-wellness/healthy-lifestyle> to see all programs and select registration. All LWP are open to members and non-members and are qualifying wellness activities for the 2026 Wellness Passport on Passport 4 Good!



Winter Session Registration opens December 9!

LWP calendar

EAP and Financial Webinars:

EAP Registration Provides 24-hour post-webinar content access and P4G credit!

Capital EAP: Benefits Orientation

Dec. 3 | 12-1 PM

In this training, we will walk you through the variety of Employee Assistance Program benefits available to you - including confidential counseling, mental health resources, work-life balance assistance, and more.

Register at:

https://us02web.zoom.us/webinar/register/WN_bHan8vbbT2iAWNk4C_v0zQ#/registration

Capital EAP: Desk Detox: Chair-Based Stress Relief

Dec. 9 | 12-1 PM

This training is designed to equip participants with the skills to cultivate a personal sense of calm for both the mind and body.

Register at:

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

Capital EAP: How to Set and Enforce Boundaries

Dec. 18 | 12-1 PM

This training will you will learn about the importance and benefit of setting and keeping personal and workplace boundaries.

Register at:

https://us02web.zoom.us/webinar/register/WN_Ga_15h-CQRaqKGriEvIEjA#/registration

Broadview FCU: Keys to Car Buying

Dec. 9 | 12 PM

Whether you're a first-timer or could use a refresher, let's review steps for success – with less stress. Find out how to make an informed purchase.

Register at:

https://broadviewfcu.zoom.us/webinar/register/WN_Z8bmlLpARqGY-X0tuLFmOg#/registration

Broadview FCU: Understanding and Managing Credit

Dec. 10 | 12 PM

Join us and learn about: • Credit scores and credit reports • Tips for obtaining credit and improving it • How to manage credit responsibly

Register at:

https://broadviewfcu.zoom.us/webinar/register/WN_dDn7Lfw3SD2sHVilQjV_Xw#/registration

Guilt-Free Breakfast Sausage Patties

This breakfast sausage is full-flavored, thanks to the ground turkey and lots of spices

Ingredients

- 2 lbs lean ground turkey
- 1 tsp poultry seasoning
- 1 tsp fennel seeds
- 1/2 tsp onion powder
- 1 tbsp fresh parsley (chopped)
- 1/4 tsp crushed red pepper flakes (optional)
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 tbsp maple syrup

Instructions

1. Combine all ingredients in a large bowl and mix well.
2. Divide mixture into 28 serving and shape mixture into 2-inch patties.
3. In a large skillet over medium-low heat, cook patties 3-5 minutes per side, or until no longer pink in center. Ensure patties reach an internal temperature of 165°F. Serve immediately.



Nutrition Facts: Serving size: 2 patties

Calories 70 kcal, Total Fat .5g, Saturated Fat 0g, Sodium 115mg, Total Carbohydrate 2g, total Sugars 1g, Dietary Fiber 0g Protein 24g, 8 Cholesterol 30 mg