



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

Watch an instructional video for
logging in on P4 g [HERE](#)



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: Bibi Akbar

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!



LWP calendar

Winter Session is Here!

Financial Webinars:

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

Broadview FCU: Build a Better Budget Jan. 15 | 12 PM

Your budget is a key that opens doors, guiding you to your money goals. Get ready to take control of your finances and your future!

Register at:

https://broadviewfcu.zoom.us/webinar/register/WN_pSpWgvD5R3O9Dli5TpmbPw#/registration

Broadview FCU: Debt Knockout Jan. 28 | 5 PM

Join us to learn how to tackle your debt, step-by-step, and manage your credit in the future.

Register at: https://broadviewfcu.zoom.us/webinar/register/WN_D5ijWjwqRcyOrTG4J-wLA#/registration

Broadview FCU: Ask the Experts: FAFSA and Financial Aid

Jan. 22 | 12 PM

Join our knowledgeable experts from the College Bound team for a virtual panel discussion of common questions relating to paying for college.

Register at:

https://broadviewfcu.zoom.us/webinar/register/WN_QVPkaaLuS8W-ws-oypnnaA#/registration

Jet Dental Clinic is Back February 3

We are excited to once again offer an exciting benefit for Ellis Medicine employees. Jet Dental, a professional dental team, will be on the Nott Street campus to provide comprehensive exams, cleanings, and x-rays for employees and dependents. It is billed through your dental insurance.

Register [HERE](#) | appointments available 8 AM- 4 PM

Greek Vegetable Pita Pizzas

A tasty blend of Mediterranean and pizza come together in this Greek vegetable pita pizza-in under 15-minutes!



Ingredients

- whole wheat pita (4-inch diameter) 4 small
- jarred low-sodium pizza sauce 1 cup
- reduced-fat Italian shredded cheese 1/4 cup
- Kalamata olives (sliced) 1/4 cup
- roasted red peppers (sliced thin) 1/4 cup
- marinated artichoke hearts (chopped) 1/4 cup
- shallots (thinly sliced) 1
- reduced-fat feta cheese (crumbled) 2 oz
- fresh basil (juliened) 1/2 cup

Instructions

1. Preheat the oven to 400 degrees F.
2. Top pita bread with sauce, olives, peppers, artichokes, shallot, and Italian cheese.
3. Bake in the oven until the cheese melts and the pita is crispy, 7-8 minutes.
4. Remove from the oven and top with feta and fresh basil.

Nutrition Facts: Serving size: 1/2 individual pizza

Calories 140 kcal, Total Fat 4g, Saturated Fat 1g, Sodium 300mg, Total Carbohydrate 19g, total Sugars 3g, Dietary Fiber 3g Protein 6g, 8 Cholesterol 5mg

Source: <https://diabetesfoodhub.org/recipes/greek-vegetable-pita-pizzas>