

February 2026

Heart Health Month



For a full list of offerings, visit ellishealthyme.org Use hyperlinks or scan QR codes to register.

Broadview FCU | Debt
Knockout
Feb 5 | 12-1 PM



Broadview FCU |
Understanding and Managing
Credit
Feb. 26 | 12-1 PM



Corebridge Financia | Tax
Planning
Feb. 19 | 12-1 PM



EAP | Tools for Caregivers
Feb. 11 | 12-1 PM



EAP | Foundations in
Mindfulness
Feb. 26 | 12-1 PM



Delta Dental | Monthly Resources



Gia MVP members can download the MVP Gia app for all your virtual healthcare needs! Use while traveling, for students or for virtual behavioral health appointments! View claims, secure message and more!

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