

March 2026

National Nutrition Month



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

[EAP Understanding Seasonal Affective Disorder](#)

March 19 | 12-1 PM



[EAP: Social Styles in the Workplace](#)

March 31 | 12-1 PM



[Corebridge Social Security and Retirement](#)

March 27 | 11 AM



[Broadview FCU | Fraud Prevention](#)

March 5 | 5-6 PM



[Broadview FCU | Ask the Experts-College Decisions](#)

March 11 | 5-6 PM



[Delta Dental | Monthly Resources](#)



In celebration of National Nutrition Month, Ellis employees can receive a *free piece of fruit with any purchase at Nott St. and Bellevue Woman's Center cafeterias. **March 16-29.**

*1 piece per day please ☺



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