



Know Your Numbers Screenings

Wellness Screenings | April 17, 21, and 29

Keeping track of your numbers for blood pressure, blood sugar, cholesterol, and body mass index (BMI) can provide a glimpse of your health status and risks for certain diseases and conditions.

All it takes is 15 minutes and a finger stick to participate! **No fasting is required, and the screening is FREE and open to ALL Ellis Medicine employees, regardless of insurance!** Inbody screening opt-in is also returning. **If you don't have MVP insurance, leave insurance information blank on registration.**

Screening location, date and time:

Bellevue Woman's Center
Friday, April 17 | 7-11:00 AM
MVP Room 1

MVP Building (625 State St.)
Tuesday, April 21 | 9 AM - 12 PM
Lobby (if you don't work in building but register for this location, please email shebert@mvphealthcare.com)

Nott St. Hospital
Wednesday, April 29 | 7 AM - 3:30 PM Graham Auditorium



Register with this link [Ellis Medicine 2026 Wellness Screenings](#)

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SOCIAL | MIND | SPIRIT



PHYSICAL

Ellis Employees' Donations

Monthly collections for the community

The Call Center Schedulers and Financial Counselors located in the MVP Building donate goods for the community under the auspice that it is good for their hearts to do for others.

In past months, they have collected dog food, cat food, various items for shelters, food for the Food Farmacy and hats and gloves for the patients at our Family Health Practice.



EAP and Financial Webinars:

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

EAP: Promoting Kindness at Work

April 9 | 12 PM

Participants will first learn about different types of workplace cultures and gain a deeper understanding of how workplace culture can directly influence workplace attitudes and how we treat each other within our workplace.

Register at:

https://us02web.zoom.us/webinar/register/WN_iel4RjMiRkWKZ8YVxhgDyw#/registration

EAP: Stress Less

April 14 | 12 PM

The training will discuss factors contributing to stress and how to minimize them and offer insight into practical ways to manage stress when unavoidable.

Register at:

https://us02web.zoom.us/webinar/register/WN_FpWlWVh2TjWPQUt0iSQkRA#/registration

EAP: Mindful Minutes

April 23 | 11-11:30 AM

This 30-minute Zoom session skips the theory and takes you straight into relaxation with guided meditation techniques designed to ease stress, clear your mind, and restore focus..

Register at:

https://us02web.zoom.us/webinar/register/WN_jOx6isUBS1-fPPP6WAPTVA#/registration

Broadview FCU: Home Buying 101

April 28 | 5 PM

Find out how to buy a home you can afford with the know-how to make it happen!

Register at:

https://broadviewfcu.zoom.us/webinar/register/WN_lpvB-s-xSCuZp8vYbcqmbQ#/registration

Broadview FCU: Talk it Up | Kids and Money

April 14 | 5 PM

Parents and guardians will learn fun ways to help their kids make financial decisions that positively impact their future. Best for ages 18+

Register at:

https://broadviewfcu.zoom.us/webinar/register/WN_u6u8iUhNT8uU4vOkQPsSJQ#/registration

Corebridge Financial: Inflation Implications

April 16 | 12 PM

Register at:

<https://my.valic.com/SeminarRegistration/availableSeminars.aspx?csr=Nt8mdlIt5PAW8bHN0WR13QvyD3qPEzGMipp+0m52gQjY=&AvlSeats=True>

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Greek Vegetable Pita Pizzas

A tasty blend of Mediterranean and pizza come together in this Greek vegetable pita pizza! Packed with nutrient-rich vegetables like red peppers, olives, shallots, and artichokes, this quick and easy recipe comes together in under 15 minutes!



Ingredients

- whole wheat pita (4-inch diameter)
- 1 cup jarred low-sodium pizza sauce
- 1 cup
- 1/4 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 shallot (thinly sliced)
- 2 oz. reduced-fat feta cheese (crumbled)
- 1/2 cup fresh basil (juliened)

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.

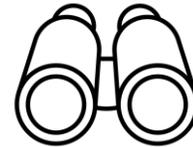
Nutrition Facts: Serving size: 1/2 individual pizza (makes 8 servings)

Calories 140 kcal, Total Fat 4g, Saturated Fat 1g, Sodium 300mg, Total Carbohydrate 19g, total Sugars 3g, Added sugars 0g, Dietary Fiber 3g Protein 6g, Cholesterol 5mg

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

Mental Health Yoga Coming in May!

Registration will open later this month



May is Mental Health Awareness Month. Join us for Free yoga classes with Inner Bliss.

May 6 @ 5 PM Nott St. Graham Auditorium

May 14 @ 4 PM Bellevue Woman's Center MVP Rm. 1

May 20 @ 5 PM Nott St. Graham Auditorium

May 28 @ 4 PM Bellevue Woman's Center MVP Rm. 1

Digital Detox Challenge Coming in June!

Register in May on Passport 4 Good

Follow Healthy ME Online & Win!

This month's winner: **Jodi Williams**

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

Spring Highlights (select link or copy/paste into browser)

The Midlife Reset | Thursday, April 16 5:30–6:30 PM

Register <https://www.mvphealthcare.com/about/events/living-well/the-midlife-reset-2311>

Join us for this empowering presentation led by certified coach Naiya Grec, designed for women ages 35–60 who want to reclaim their energy, balance, and confidence during the menopause transition.

Breathe Slow to De-Stress Workshop | Tuesday, May 12 5:30–6:30 PM

Register <https://www.mvphealthcare.com/about/events/living-well/breathe-slow-to-destress-workshop-2292>

In partnership with Slo Breathworks. Learn how to use your breath to de-stress during this virtual workshop. Our 60 minutes together will include breathing how-to's, practice of different breathing techniques, and suggestions to build your breathing habit on your own.

Weekly Guided Meditation | Mondays, May 4–May 25

Register <https://www.mvphealthcare.com/about/events/living-well/weekly-guided-meditation-2276>

Bring meditation into your day with a weekly 15-minute guided meditation for the month of May. Each recorded meditation will help bring calmness into your day at your convenience