

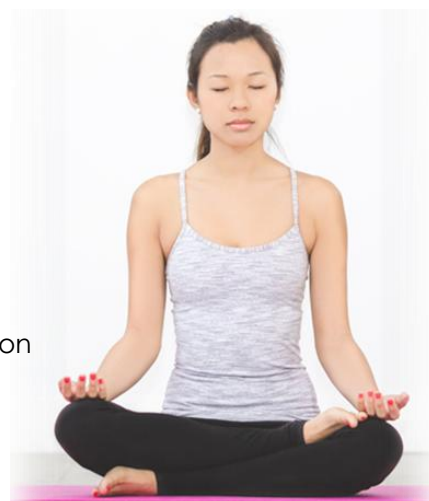
Embrace and honor **Mental Health Awareness Month** with these amazing **Healthy ME opportunities!**

Digital Detox Challenge | May 11- June 7

The Digital Detox Challenge is a 4-week challenge that encourages individuals to put down technology and be present. This challenge touches on aspects of both mental and social well-being as it helps participants un-plug and live their best lives. A digital detox is not all-or-nothing. It is based on your own goals, boundaries and limits. Do what works best for YOU! Everyone who completes this challenge by submitting weekly check ins on Passport 4 Good will be entered into a raffle drawing for prizes!

- Register [HERE](#), on Passport 4 Good. You may have to scroll down to groups and select join more groups.
- Each week you will receive an educational email and Digital Detox checklist. **Your goal is to complete at least 3 of the 7 tasks** (more than 3 is also encouraged!)
- **Check in weekly with on Passport 4 Good** (we'll send you reminder emails with the link)

Prizes include: Hiking packs, YETI coolers, portable hammocks, relaxation kits (essential oil diffuser and journal)



Yoga for Stress Relief

To honor Mental Health Awareness Month in May, Healthy ME is partnering with Inner Bliss to offer **FREE** Yoga classes at Nott St. Hospital and Bellevue Women's Center. On class days, please wear comfortable clothing that allows you to move freely. Please bring water and a yoga mat. If you need to borrow a mat, please email wellness@ellismedicine.org to request one. Mats will be at the class when you arrive.

Register [HERE](#) for Nott St. Hospital Classes

- Nott St. Graham Auditorium | Wednesday, May 6 @ 5 PM
- Nott St. Graham Auditorium | Wednesday, May 20 @ 5 PM

Register [HERE](#) for Bellevue Classes

- Bellevue Women's Center MVP Room 2 | Thursday, May 14 @ 4 PM
- Bellevue Women's Center MVP Room 2 | Thursday, May 28 @ 4 PM



SOCIAL | MIND | SPIRIT



PHYSICAL

EAP and Financial Webinars:

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

EAP: Understanding Personality Disorders

May 5 | 12-1 PM

This session is ideal for anyone interested in the complexities of personality disorders, including individuals seeking to explore their symptoms, family members and friends who support someone with a personality disorder.

Register at:

https://us02web.zoom.us/webinar/register/WN_b45-JgVgTvWeT52m5VZn5g#/registration

EAP: No More Stinkin' Thinkin'

May 14 | 12-1 PM

Participants will learn how to identify the signs and symptoms of anxiety by looking at their thoughts, feelings, physical sensations, and behaviors.

Register at:

https://us02web.zoom.us/webinar/register/WN_6lnmDaqCRRWtrAzsnj2Uw#/registration

EAP: How to Set and Enforce Boundaries

May 28 | 12-1 PM

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_8Pg58NYbQGabOhNZa6jrPg#/registration

Broadview FCU: Debt Knockout

May 5 | 12-1 PM

Do you feel like debt is limiting your life's possibilities? 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_bAoMwxkLQgaKpNXz8X9YIA#/registration

Broadview FCU: Ask the Experts | Final College Financing Decisions

May 13 | 12-1 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_mQml30DgT6KcmEvOBmUAJA#/registration

QUALIFYING
HEALTHY ME
ACTIVITY

MVP Living Well Programs FREE and 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!

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

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

Nutrition to Reduce Stress Virtual Cooking Class for | Friday, May 15 12-1 PM

Register <https://www.mvphealthcare.com/about/events/living-well/nutrition-to-reduce-stress-cooking-class-2313>

In partnership with Cornell Cooperative Extension Albany County. Discover how the foods you choose can help reduce stress and anxiety.



LWP calendar

Sheet-Pan Chicken Fajitas

One sheet pan is all you'll need to whip up these chicken fajitas. They're quick and easy to make, and cleanup is even faster!



Ingredients

- 1 pound boneless, skinless chicken breasts
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 teaspoon garlic powder
- $\frac{3}{4}$ teaspoon salt
- 1 large red bell pepper, sliced
- 1 large yellow bell pepper, sliced
- 2 cups sliced red or yellow onion (about 1 large)
- 1 tablespoon lime juice
- 8 corn tortillas, warmed
- Lime wedges, cilantro, sour cream, avocado and/or pico de gallo for serving

Instructions

1. Preheat oven to 400°F. Coat a large rimmed baking sheet with cooking spray.
2. Cut 1 pound of chicken breasts in half horizontally, then slice crosswise into strips. Combine 2 tablespoons oil, 1 tablespoon chili powder, 2 teaspoons cumin, 1 teaspoon garlic powder and $\frac{3}{4}$ teaspoon salt in a large bowl. Add the chicken and stir to coat with the spice mixture. Add bell peppers and 2 cups onion and stir to combine. Transfer the chicken and vegetables to the prepared baking sheet and spread in an even layer.
3. Roast on the middle rack for 15 minutes. Leave the pan there and turn the broiler to high. Broil until the chicken is cooked through and the vegetables are browning in spots, about 5 minutes more. Remove from oven. Stir in 1 tablespoon lime juice.
4. Serve the chicken and vegetables in 8 warmed tortillas accompanied by lime wedges and topped with cilantro, sour cream, avocado and/or pico de gallo, if desired.

Nutrition Facts | Servings Per Recipe: 4 | Serving Size | 2 fajitas per person

Calories 357, total carbohydrate 33g, Fiber 6g, Total Sugars 5g,
Total fat 12g, Saturated fat 2g, Cholesterol 83g, Sodium 573 mg

Source: <https://www.eatingwell.com/recipe/257878/sheet-pan-chicken-fajitas/>

Follow Healthy ME Online & Win!

This month's winner: **Kimberly Zoulas**

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!**