

May 2026

Mental Health Awareness Month



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

Register [HERE](#) for the Digital Detox Challenge



Register [HERE](#) for FREE Nott St. Yoga



Register [HERE](#) for FREE Bellevue Yoga



[EAP Understanding Personality Disorders](#)
May 5 | 12-1 PM



[EAP: No More Stinkin' Thinkin'](#)
May 14 | 12-1 PM



[EAP: How to Set and Enforce Boundaries](#)
May 28 | 12-1 PM



[Broadview FCU | Debt Knockout](#)
May 5 | 12-1 PM



[Broadview FCU | College Financing](#)
May 13 | 12-1 PM



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!