



Juicy July Savings-On Healthy ME!

- Greenmarket tokens-** Healthy ME is piloting a partnership this **July** with the Schenectady Green Market. On Sundays, **July 5, 12, 19 and 26**, show your badge at the Greenmarket tent in exchange for \$10 in tokens (limit to one time per weekend, please).

Market Discount Details



July 5, 12, 19 and 26, 2026 only.



Schenectady Greenmarket is just outside City Hall 108 Jay St. Schenectady, NY 12305. Receive tokens at the Greenmarket tent, located at corner of Jay and Franklin near Pizza King.



For updates, vendor information, and what's in season, visit

<https://www.schenectadygreenmarket.com/>



Tokens will act as cash when you shop with vendors.



There are several lots within walking distance of the Schenectady Greenmarket, including the Broadway Lot, Broadway South Lot, Amtrak Lot, and the Schenectady Municipal Parking Garage.



- Salad Subsidies– July 1-31** Ellis Medicine employees can show their badge at the Nott St and Bellevue Woman's Center cafes to receive \$3 off any salad purchase (1 per day, please). Physician Billing employees will receive separate savings instructions for their cafe.

- Kona Ice is Back!** Cool down with a complimentary summer treat!



- Monday, July 13 Nott St. Campus | Noon-2 PM and 6:30-7:30 PM Rosa Rd. Shuttle Drop Area
- Monday, July 13 Bellanger School of Nursing/FHC | 2:30-3:00 PM BSON Parking Lot
- Wednesday, July 15 Bellevue Woman's Center | 11:30 AM-1:00 PM Employee Rear Entrance
- Wednesday, July 15 MVP Building | 1:30-2:30 PM Chapel St. Rear Garage Entrance / Loading Area
- Thursday, July 16 Medical Center of Clifton Park | Noon-1:30 PM Parking Lot



Reminder- MVP Health Care sponsors FREE Meditation and Yoga at the Harbor kicked off last weekend, June 7, in partnership with Inner Bliss! **The free classes will run through September 27 (8:30 AM meditation, 9-10 AM yoga) Register with Inner Bliss [HERE](#).**

Drink 8 to Hydrate Challenge August 3 - 30

Drink 8 to Hydrate is a 4-week hydration challenge, designed to encourage you to drink at least eight glasses of water per day. This challenge is open to all employees and counts toward Nutritional Activity Credit on your 2026 Wellness Passport!

The challenge will run for 4 weeks: **August 3–August 30. Each week you will be emailed hydration educational information and a reminder to check in on Passport 4 Goof.**

In addition to improved energy, clearer skin, and better focus, **several randomly selected participants that complete the challenge will be entered to win raffle prizes compliments of Healthy ME, including:**

- Epicwater filtration pitcher with replacement filter
- Epicwater bottle filter and compatible YETI Yonder water bottle
- Hydration vest
- Hot/Cold water pitcher with fruit infuser compartment
- YETI soft pack cooler
- Lifestraw-for clean water anywhere, even in an emergency



Impact statements from past Drink 8 Challenge participants:

- “I feel more energized and hydrated”
- “Helped me cut out soft drinks”
- “Helped me learn the benefits of being hydrated.”
- “Mood increased, more alert, and more energy.”

Register today on Passport 4 Good with this [LINK](#) or scan our QR code!



Upcoming Healthy ME Events



ValleyCats | August 27
Jet Dental Clinic | September
Walking Challenge | Fall

EAP and Financial Webinars:

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

QUALIFYING
HEALTHY ME
ACTIVITY

EAP: Mindful Minutes

July 9 | 11-11:45 PM

This training explores the benefits of mindfulness and how small, intentional moments can improve focus, reduce stress, and support overall wellbeing.

Register at:

https://us02web.zoom.us/webinar/register/WN_bu2QW5NEQ12ebAwr21Zpng#/registration

EAP: Preventing Burnout

July 14 | 12-1 PM

This training explores the signs of burnout and provides practical strategies for prevention, recovery, and building resilience.

Register at:

https://us02web.zoom.us/webinar/register/WN_rE5gruerRWGlumF4BAwcmQ#/registration

EAP: Compassion Fatigue

July 23 | 12-1 PM

Designed for those who care for others, this training explores the emotional impact of caregiving and helping professions.

Register at:

https://us02web.zoom.us/webinar/register/WN_pTvxys0TISFs2Jqe1vfZQ#/registration

Broadview FCU: Build a Better Budget

July 14 | 5-6 PM

Get ready to take control of your finances and your future! Find out how to:

- Organize what you make, spend, and save
- Set goals to save up, spend down, look ahead and much more!

Register at:

https://broadviewfcu.zoom.us/webinar/register/WN_l72U-U6GQGypHrNPgvfSOW#/registration

Broadview FCU: Debt Knockout

July 20 | 12:30-1:30 PM

Join us to learn how to eliminate debt, step-by-step – and manage your credit in the future

Register at:

https://broadviewfcu.zoom.us/webinar/register/WN_P2InbVOqTFuB-5IKWUodFw#/registration

EAP: Addressing Difficult Subjects

July 28 | 12-1 PM

This training is designed for managers and supervisors looking for assistance addressing complex subjects with their employees.

Register at:

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

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!

More Summer Highlights (select link or copy/paste into browser)

Thrifty Connections Art Classes, 158 Lafayette Street Schenectady

[https://www.mvphealthcare.com/about/events/discounts/\\$15-voucher-for-thrifty-connections-creative-art-classes-2458](https://www.mvphealthcare.com/about/events/discounts/$15-voucher-for-thrifty-connections-creative-art-classes-2458)

Sunflowers Acrylic Paint Class for Stress Relief Art in Mind Creative Wellness

Studio 123 Saratoga Road, Socha Plaza, Glenville Thursday, July 16 @ 6 PM

<https://www.mvphealthcare.com/about/events/living-well/sunflowers-acrylic-paint-class-for-stress-relief-2624>



LWP calendar

Farmers Market Street Tacos

Find your ingredients at the Schenectady Greenmarket-and use our HM \$10 tokens!

Ingredients

- 2 bunches bok choy, halved
- 1 medium zucchini, cut into 3-in. sticks
- 1/2 pound fresh asparagus spears
- 2 medium ripe avocados, peeled and quartered
- 1 bunch green onions
- 2 jalapeno peppers, halved and seeded
- 2 tablespoons olive oil
- 1/2 teaspoon kosher salt
- 1/2 teaspoon pepper
- 8 mini corn tortillas
- Fresh cilantro leaves
- Optional: Pickled red onions, lime wedges, sliced radishes and salsa verde



Instructions

1. Prepare grill for medium-high heat. Brush bok choy, zucchini, asparagus, avocados, green onions and jalapenos with olive oil; sprinkle with salt and pepper. Transfer to a greased grill rack
2. Grill, covered, or broil 4 in. from heat until vegetables are crisp-tender and slightly charred, 4-5 minutes, turning occasionally. Grill tortillas until warmed and slightly charred, 30-45 seconds per side. Cut vegetables to desired sizes; serve in tortillas with cilantro and toppings of your choice.

Nutrition Facts | Servings Per Recipe: 4 | Serving Size | 2 tacos

Calories 319, total carbohydrate 8g, Fiber 1g, Total Sugars 7g, 11g protein, Total fat 19g, Saturated fat 3g, 0 cholesterol, 536mg sodium

Source: <https://www.tasteofhome.com/recipes/farmers-market-street-tacos/#RecipeCard>

July is UV Safety Month

Some tips from the Mayo Clinic!

1. Sunscreen can act as a carcinogen barrier to help keep your skin safe.
2. Sunscreen can expire, affecting the active ingredient and the preservative.
3. Sunscreen is sensitive to extreme temperatures. Keep it out of direct sun, and don't let it freeze during winter storage.
4. People of color **need** to wear sunscreen.
5. Bottom line, everyone over age 6 months needs sunscreen — babies included.
6. There literally is no such thing as a waterproof sunscreen. Apply sunscreen, and after you get wet, reapply.

<https://cancerblog.mayoclinic.org/2024/08/21/sunscreen-has-a-shelf-life-and-other-facts-to-know/>

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!**