

July 2026

Juicy July Savings



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

Register **NOW** for Drink 8
to Hydrate Aug 3-Aug 30



**EAP Mindfulness
Minutes**
July 9 | 11-11:45 AM



EAP: Preventing Burnout
July 14 | 12-1 PM



EAP: Compassion Fatigue
July 23 | 12-1 PM



**EAP: Addressing Difficult
Subjects**
July 28 | 12-1 PM



**Broadview FCU | Build a
Better Budget**
July 14 | 12-1 PM



BFCU: Debt Knockout
July 20 | 12:30-2:30 PM



**Greenmarket
tokens instructions**



Salad Subsidies



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!