

August 2026



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

Register [HERE](#) for Drink 8 to Hydrate Aug 3-Aug 30



Register [HERE](#) for HM discounted Valley Cats Tickets | August 27 at 6:30 PM



[EAP: General EAP Benefits Review](#)

Aug 6 | 12-1 PM



[EAP: Time Management](#)

Aug 11 | 12-1 PM



[EAP: Desk Detox](#)

Aug 19 | 12-1 PM



[BFCU: Understanding Credit](#)

Aug 11 | 12-1 PM



[Broadview FCU | Paying for Higher Education](#)

Aug 17 | 5-6 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!

Passport: www.p4g.app/ellis | Email: wellness@ellismedicine.org | Website: ellishealthyme.org