

October 2026

October is Breast Cancer Awareness Month



[Know Your Lemons Breast Health Class](#)

MVP Living Well Class | October 14 | 12-1 PM

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

[EAP: Effective Listening](#)

Oct. 1 | 12-1 PM



[EAP: Talk Saves Lives](#)

Oct. 9 | 12-1 PM



[EAP: Sexual Harassment Prevention](#)

Oct. 27 | 12-1 PM



[Broadview FCU | Understanding Credit](#)

Oct. 14 | 5-6 PM



[Fidelity: Woman Talk Money](#)

Oct. 14 and 28 | 2 – 2:45 PM



[BFCU: Paying for Higher Education](#)

Oct. 20 | 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