

Wellness MENU

OCTOBER 2024

ON-SITE MESSAGES

OCTOBER 21 | 7:00 AM - 4:00 PM
MIDDLE SCHOOL CONF ROOM
Register [here](#) for your appointment!

OCTOBER 22 | 7:00 AM - 4:00 PM
GAILEY HALL
Register [here](#) for your appointment!

GYM + YOGA

LA Fitness
MV has partnered with LA Fitness, and as an employee, you can sign up for \$39.99 per month with \$0 initiation fee. [Register here.](#)

Yoga Studios Nearby

- [Highland Yoga](#): 30 days for \$30
- [CorePower Yoga](#): Free Week
- [Yonder Yoga](#): 1st Month for \$40
- [PeakZen Yoga](#): First Class Free
- [Joiful Yoga](#): 2 weeks for \$49
- [Peachtree Yoga](#): 30 days for \$59

SOCIAL + MENTAL

[Summit Counseling Center](#)

[Employee Assistance Program](#)
company code: metlifeeap

[Teacher Discounts](#)

[Headspace for Educators](#)

REMINDER!

Join the slack channel #15for15 to be a part of our fun fitness challenge and have the chance to win a prize on the 15th of every month!

NUTRITION

As a MV employee, you can receive 25% off your [GFC order](#). Just use the promo code [purpose](#).

PHYSICAL

Physical Wellness with Hiro

Athletic Trainer Hiro Kariya offers services (injury evaluation & consultation, cupping, and dry needling) to faculty/staff. [He's available most afternoons for one-off appointments.](#)

MONTHLY Focus

MENTAL HEALTH AWARENESS DAY – OCTOBER 10

Support Mental Health Awareness and pick up a green pin at your division's front desk.

MV offers mental health resources through [The Summit Counseling Center](#) and [MetLife's Employee Assistant Program](#). Information is located under the "Social & Mental" section above.

CLICK TO VIEW THE

Health + Wellness Quick Guide

Wellness RESOURCES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Faculty Facial 12:45 - 1:15 pm <i>Message Lily Catano for a facial with free supplies</i>	Walking Trails Be one with nature and explore the MV walking trails on your own or with friends.	Pottery 3:30 - 4:30 pm Every other Thursday starting on 9/12 <i>Message Lynn Luster</i>	
		Pelotons Take advantage of the 5 Peloton bikes and join the Slack channel #MVMoves		

