



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.

FRIDAY





WEDNESDAY



You can sign-up for a 1:1 meeting with a Principal Advised Services registered adviser representative to help with key financial decisions related to your 401(k) account.

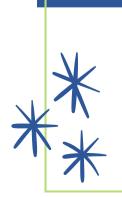
Register here for your virtual 1:1.



PRINCIPAL MILESTONES

Log into your Principal account and scroll down to Financial Wellness. You'll find articles, videos, calculators, worksheets, and more, all designed to help you navigate your financial journey.

0 - 2 YEARS: 5% 3 - 5 YEARS: 6% 6 -9 YEARS: 7% 10 + YEARS: 8%



Access your Account

Update Contributions

Additional Resources

Finance Apps for Teachers

Budgeting Template

MONDAY

Webinars Webinars

TUESDAY Faculty Facial

12:45 - 1:15 pm Message Lily Catano for a facial with free supplies

Walking Trails

Be one with nature and explore the MV walking trails on your own or with friends.

Pelotons

Take advantage of the 5 Peloton bikes and join the Slack channel #MVMoves

THURSDAY

Pottery 3:30 - 4:30 pm **Every other Thursday** starting on 9/12 Message Lynn Luster



