

# Wellness MENU

SEPTEMBER 2024

## FLU SHOT CLINIC

SEPTEMBER 24 | 8:00 AM - 3:00 PM  
UPPER CAMPUS MAC

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: metlfeeap

[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

### HEALTH & WELLNESS QUICK GUIDE

A cheat sheet to commonly asked questions about our benefits. This will permanently live on the Hub after September!

## Wellness RESOURCES

ONSITE EVENT

**MOBILE MAMMOGRAM**  
DECEMBER 6  
7AM - 2PM

Save the Date

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