# Wellness MENU

## COOKING CLASS WITH FLIK

WEDNESDAY, NOVEMBER 13
UPPER SCHOOL CAFE
3:30-4:30

Learn how to make Vietnamese Chicken Vermicelli with Chef Kim-Marie and take home dinner! Space is limited to 10 so email Andrea Medford if interested.

## MONTHLY Focus

### YOU HAVE AN ADVOCATE

Navigating Healthcare can be challenging, but **HealthEZ** offers client care advocacy to help you and your family at all stages of life.
- Doctors appointments
- Prior authorizations
- ER, Urgent Care, Telehealth & More!

Email-medical.management@healthez.com
Call-800-668-3893

### CLICK TO VIEW THE
### Health + Wellness Quick Guide

## 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**.

## Wellness RESOURCES

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|---------|-----------|----------|--------|
| | **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. | **Pottery** 3:30 - 4:30 pm Every other Thursday starting on 9/12 *Message Lynn Luster* | |
| | | **Pelotons** Take advantage of the 5 Peloton bikes and join the Slack channel #MVMoves | | |