



April 2022 – eHealth Alert

For Your Health

Save the Date! Gympass will be hosting a week of free classes in April for you and your family members to participate in. Take a look at the schedule below and mark your calendar!

Date/Time	Session
Monday, April 4, 1pm Eastern	Spring Cleaning Your Nutrition with Gympass Partner, Lifesum Join Gympass Nutrition Partner, Lifesum, as they teach you how to maintain a healthy nutrition routine during the spring season. Learn about different foods and recipes that are perfect for this time of year, and how Lifesum can help you stick to it. Register HERE
Tuesday, April 5, 4pm Eastern	Vinyasa Yoga class with Gympass Partner, Y7 Open to all levels, Y7 will lead a Vinyasa live session that links breath to movement with a focus on endurance, balance, core strength, flexibility, and restoration. Register HERE
Wednesday, April 6, 1pm Eastern	Meditation with Gympass Wellness Coach, Natalie Young In this 30-minute session, Natalie Young will guide you through a meditation to resonate with your mind and body. For meditation, you are welcome to lay down or sit in a chair, couch, bed, yoga mat, or a comfortable space on your floor. Register HERE
Thursday, April 7, 3pm Eastern	Pilates Join Natalie Montesino for a full-body session that educates, realigns, and balances the body, while building lean, flexible, and strong muscles. This workout will incorporate elements of Mat Pilates, Barre, and Megaformer Pilates. Register HERE
Friday, April 8, 12pm Eastern	What Is Gympass? Heard about Gympass but want to learn more? Allow us to introduce ourselves... We're Gympass, your wellness benefit! Join us for an introduction on this benefit where you can learn more about us and ask any questions you may have. Register HERE

For Your Wealth

Telephonic Consultations with Financial Counselors
Through Care.com, employees have access to free consultations with financial counselors who can assist with credit repair, debt management and consolidation, budgeting, and preparation of a free family budget. To access Care.com, visit pearson.care.com or call 1-800-450-7071 (or TDD/TTY 800-873-1322).

Financial Wellness Webinar
On Wednesday, April 20, 2pm Eastern, the Employee Assistance Program (EAP) is hosting a live webinar, **Financial Wellness Playbook**, where specialists will share financial best practices and tips for developing an action plan to improve your money habits. Click [here](#) to register for the webinar or listen on demand at a time that’s convenient for you.

For Your Life

Violent acts and racial injustice can shake the core of our humanity and trigger many emotions. The EAP has two on-demand webinars that provide strategies for coping and maintaining our well-being. To access one or both on-demand webinars below, click on the webinar name, enter your email address and state, and you will be connected to the webinar.

- [Coping With The Impact of Racial Injustice](#)
- [Racial Targeting and Acts of Violence; Strategies for Coping](#)

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