

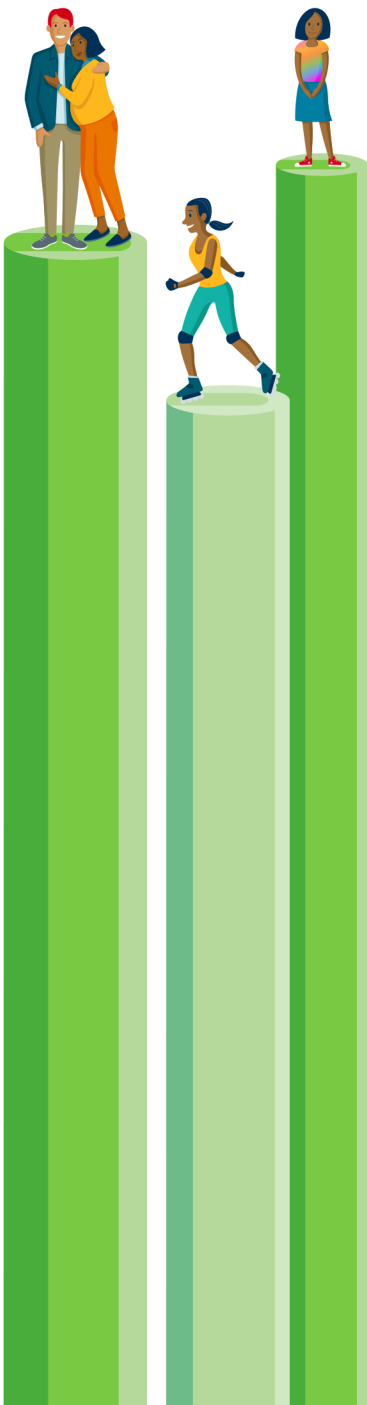
# June 2022 – eHealth Alert



## FOR YOUR HEALTH

Join us and Gympass this month as we celebrate Men’s Health, Pride Month and Juneteenth with these free virtual classes!

Date/Time	Session
Thursday, June 16, 3pm Eastern	<b>Family Yoga – Celebrating Men’s Health</b> Invite the men in your life to participate in this 30-minute yoga session. Open to all fitness levels, employees and all household members (pets can join in also!), this class uses slow movements and deep breathing techniques to improve mobility, ease pain and reduce stress. <b>Register <a href="#">HERE</a></b>
Monday, June 20, 3pm Eastern	<b>Juneteenth Tabata with WRK NYC</b> Led by WRK NYC, a black-owned business located in the heart of NYC, this Tabata workout is designed to increase overall performance through maximum effort for 20 second bouts of high intensity interval training followed by 10 seconds of rest. <b>Register <a href="#">HERE</a></b>
Tuesday, June 28, 4pm Eastern	<b>Celebrate Pride with 305 Fitness</b> Come prepared to work out and party with 305 Fitness – an LGBTQ+ ally based out of Miami – in a Pride-inspired class. This cardio dance party will allow you to let loose and burn a ton of calories with an easy-to-follow routine to the greatest pop hits. <b>Register <a href="#">HERE</a></b>



## FOR YOUR WEALTH

### June Generational Virtual Sessions from Empower



#### Healthy Financial Futures for Early-Career Professionals

You’ve got your whole career ahead of you, and at every stage of your career, there are important things you can do to prepare for your financial future. Learn how to set financial goals, create a budget, make debt payoff a priority, build a safety net and more. Virtual sessions available on June 28 at 11 a.m. and June 29 at 1 p.m. (all times Eastern). Click [HERE](#) to register.

#### Healthy Financial Futures for Mid-Career Professional

You’re in your prime earning years — and your prime savings years. But challenges like saving for your children’s college or caring for aging parents or paying down your mortgage make getting financially fit difficult. Learn about some important things you can do now to prepare for your financial future and to manage some of those challenges standing in your way to being financially fit. Virtual sessions available on June 28 at 1 p.m. and June 29 at 4 p.m. (all times Eastern). Click [HERE](#) to register.

#### Healthy Financial Futures for Seasoned Professionals

You’re in the home stretch of your career, and now is a perfect time to make sure you’re prepared for what comes next — living your best life! There are things you can do now to help you make a smooth transition into your financial future. Learn more about your future sources of income, effects of inflation on your future income, and how to pay for future healthcare costs as you plan for the lifestyle you’ve always imagined. Virtual sessions available on June 28 at 4 p.m. and June 29 at 11 a.m. (all times Eastern). Click [HERE](#) to register.

## FOR YOUR LIFE

### Accelerated Pathways Bachelors and Masters Advising Available

Want to earn your Bachelors or Masters degree but need flexibility and affordability? As part of the [US Tuition Assistance Policy](#), you have access to [Accelerated Pathways advising and courses](#) for Bachelors and Masters pathways. Both programs offer expert guidance, program comparison, and most importantly, personalized support. Plus, your credits are guaranteed to transfer to your college of choice. Familiarize yourself with the tuition policy and procedure, then visit the [Bachelors Advising](#) or [Masters Advising](#) sites to sign up.

