

WINTER | 2019

# fyi MPI

FROM

FOR PARTICIPANTS OF THE MOTION PICTURE  
INDUSTRY PENSION & HEALTH PLANS

## Retired & Called Back To Work?

KNOW THE RULES  
FOR OPTIMIZING YOUR  
PENSION BENEFITS

**Get Connected this  
Holiday Season with  
The Daily Call Sheet**

**Tips From The Doctor:  
Consider Becoming a  
Flexitarian**

**Virtual Visits Available  
Through Optum  
Behavioral Health**



This publication contains important information about your rights under the Motion Picture Industry Pension, Individual Account and Health Plans under ERISA. Please keep it with your Summary Plan Descriptions for future reference.





## THE CEO'S PERSPECTIVE

DAVID ASPLUND,  
CHIEF EXECUTIVE OFFICER

### Making a Difference During the Holiday Season

Season's greetings to all the participants and families of the Motion Picture Industry Pension & Health Plans! It has been our staff's pleasure to serve you in 2019 and we wish you a wonderful holiday season.

The holidays are a joyous time for many, but can also be a trying and stressful time for some. It is a good time to keep in mind a few of the many benefits offered through the

Motion Picture Industry Health Plan (MPIHP) that can assist you with some of life's challenges.

If you are traveling this holiday or are just short on time, you may want to try an on-line physician's visit through LiveHealth Online, MPIHP's telemedicine benefit. With only a \$20 co-payment, you can visit a doctor for minor medical conditions via your computer, tablet or smart phone anywhere and at any time.

One of the best ways to find fulfillment during the holidays and throughout the year is by connecting with others you have something in common with, such as other industry members. In this edition of *FYI from MPI*, you will learn about the Motion Picture and Television Fund's The Daily Call Sheet program. Through this program, industry volunteers make telephone calls to industry members who may need a meaningful connection with someone.

As always, I hope this newsletter proves useful as you navigate the benefits you receive from your hard work in the entertainment industry.



## CONTACT MPI

### PARTICIPANT SERVICES CENTER

**Email**  
service@mpihp.org

**Call Toll-Free**  
(855) ASK-4MPI or  
(855) 275-4674  
Hours: 6 am to 7 pm  
(Pacific Time)

**Fax**  
(818) 766-1229 – California  
(212) 634-4952 – New York

**Website**  
mpihp.org

**Mailing Address**  
MPIPHP  
P.O. Box 1999  
Studio City, CA 91614-0999

**Office Locations**  
11365 Ventura Boulevard  
Studio City, California 91604  
(818) 769-0007  
Hours: 8 am to 5 pm  
(Pacific Time)

145 Hudson Street, Suite 6-A  
New York, New York 10013  
(212) 634-5252  
(888) 758-5200 – Toll Free  
Hours: 9 am to 5 pm  
(Eastern Time)



*FYI from MPI* is published for participants of the Motion Picture Industry Pension & Health Plans (MPIPHP). This newsletter contains important information, including changes to the MPIPHP and your benefits. Please keep it with your Summary Plan Descriptions for future reference.

Please note that as a result of unique agreements associated with mergers of various union locals throughout the years, information reflected in this newsletter may not apply to all participants.

©2019 MPIPHP

## CONTENTS

- 2 The CEO's Perspective**  
*Making a Difference During the Holiday Season*
- 3 The Daily Call Sheet**  
*A Volunteer Program Connecting Members of the Entertainment Industry Community*
- Virtual Visits**  
*Available Through Optum Behavioral Health*
- 4 Retired & Called Back to Work?**  
*Know the Rules for Optimizing Your Pension Benefits*
- 5 Stay Up-to-Date**  
*Changes to Month of Suspendible Service; Required Disclosure*
- HPV**  
*New Vaccination Recommendations*
- 6 Medical Referrals**  
*Maximizing your benefits using The Industry Health Network*
- 7 Tips From The Doctor**  
*Consider Becoming a Flexitarian*
- 8 The Wellness Program**  
*Taking Steps to Improve Yourself*

**A VOLUNTEER PROGRAM  
CONNECTING MEMBERS  
OF THE ENTERTAINMENT  
INDUSTRY COMMUNITY**

**T**he holiday season is a joyous time of year that is often filled with family, friends and good cheer. It is a time when many give thanks for what they have and try to give to those who are less fortunate. In this spirit, the Motion Picture Industry Pension & Health Plans (MPIPHP) encourages its participants to get involved with The Daily Call Sheet.

The Daily Call Sheet is a program of the Motion Picture & Television Fund (MPTF) that is designed to create an opportunity for entertainment industry volunteers to make social telephone calls to industry members who may need a meaningful connection with someone.

Studies demonstrate a clear link between social isolation and loneliness, and poor health and quality of life. A meaningful connection with someone can help



# The Daily Call Sheet

alleviate this social ailment.

Those who are interested in supporting The Daily Call Sheet have the opportunity to take a few moments out of their day or week to have a phone conversation with an isolated industry member. A warm, expected call can make a world of difference for someone living in isolation. And, for

volunteers, a phone call can be an easy and fulfilling way to give back and make a meaningful change in someone's life.

Volunteers to make calls, as well as those to receive calls, are needed. If you, or someone you know would like to stay connected, please contact Maureen Feldman at (818) 876-1190.



## VIRTUAL VISITS

### AVAILABLE THROUGH OPTUM BEHAVIORAL HEALTH

Virtual visits for behavioral health are now available to participants of Anthem Blue Cross through Optum Behavioral Health ("Optum"). Virtual visits are a covered optional treatment modality that delivers mental health services, information and education at a distance in real time and allows you to conveniently connect with a therapist through a secure connection.

Participants may use the Optum virtual visits option by calling the behavioral health telephone number on the back of their medical identification cards or by visiting [www.liveandworkwell.com](http://www.liveandworkwell.com). Standard behavioral health co-payments will apply.





# Retired & Called Back To Work?

Know the Rules for Optimizing Your Pension Benefits

**W**ith the record-breaking number of hours being reported to the Motion Picture Industry Pension & Health Plans (MPIPHP), it should come as no surprise that some retirees are being called back to work. If you are retired and get the opportunity to contribute your skills and time within the industry, here is some important information you should keep in mind when planning your re-employment.

Before diving into the information you should keep in mind, it would be helpful to review some relevant terms. A “payroll month” is a month that begins on the Sunday preceding the last Thursday of the month and ends on the Saturday preceding the last Thursday of the following month. For example, an upcoming payroll month is Sunday, December 22, 2019 through Saturday, January 25, 2020. A snapshot of payroll months may be found at [www.mpiphp.org](http://www.mpiphp.org) under the “Re-employment After

Retirement” section of the Forms tab. A “month of suspendible service” is a payroll month during which a re-employed retiree works 40 hours or more. During this month of suspendible coverage, a retiree’s pension benefits are suspended/forfeited for the calendar month during which 40 hours or more of work are worked or guaranteed.

Therefore, if a re-employed retiree (who has not yet commenced required minimum distributions by the April 1 of the calendar year after the retiree reaches age 70½ years) works 40 hours or more in a payroll month, his or her pension benefits for that month will be suspended.<sup>1</sup>

## **NEW RULE FOR MONTH OF SUSPENDIBLE SERVICE**

The previously mentioned 40 hours threshold, however, was recently increased to 50 hours by an action of the Board of Directors of the Motion Picture Industry Pension Plan (“Pension Plan”), effective

with the payroll month beginning December 22, 2019. Under this new rule, pension benefits will not be suspended/forfeited if a retiree works less than 50 hours (or stops working altogether) in any payroll month beginning on or after December 22, 2019.

Therefore, if a re-employed retiree (who has not yet commenced required minimum distributions by the April 1 of the calendar year after the retiree reaches age 70½ years) works 50 hours or more in a payroll month that begins on or after December 22, 2019, his or her pension benefits for that month will be suspended.<sup>1</sup>

As an example, Janey, a retiree who is 66 years old, has the opportunity to go back to work for 45 hours during the payroll month of December 22, 2019 through January 25, 2020. Since her hours will be under the new threshold of 50 hours, Janey will continue to receive her pension benefits for February 2020 without suspension.

<sup>1</sup>A Participant who retires from the industry and then returns to work in it during the first two months of his or her retirement will have his or her monthly pension benefit suspended until the Participant completes two consecutive calendar months with no Industry work performed.





# HPV

## NEW VACCINATION RECOMMENDATIONS

The Motion Picture Industry Health Plan covers the human papillomavirus (HPV) vaccination according to the updated U.S. Centers for Disease Control and Prevention (CDC) recommendations that were published on August 16, 2019. The recommendations state:

- ▶ The ideal age for the HPV vaccination for both boys and girls is 11 to 12 years old.
- ▶ The vaccination age range (“catch-up schedule”) is 9 through 26 for both boys and girls.
- ▶ Adults ages 27 through 45 may be vaccinated if they are at high risk (minimal exposure to HPV) and have not been vaccinated previously. The vaccination is less effective in this age range; shared clinical decision-making is recommended.
- ▶ The HPV vaccination is not recommended for adults age 46 and older.

## AVOID A PERMANENT SUSPENSION OF PENSION BENEFITS

Another rule retirees need to be aware of concerns those who retired under the unreduced early retirement provisions of the Pension Plan. The Plan provides those participants who have worked at least 30 qualified years, and accrued at least 60,000 hours at the age of 60 years, 55,000 hours at the age of 61 years or 50,000 hours at the age of 62 years, the ability to take an unreduced early retirement pension benefit.

This Plan benefit, however, comes with a caveat: retirees who are re-employed after retiring under this provision who accrue 400 or more credited hours in a Plan computation year will have a permanent suspension of pension benefits until the month of their 65th birthday. Retirees who fall under this category need to be careful about their work schedules if they wish to have the flexibility to resume their pension benefits immediately upon completing their re-employment.

## NOTIFICATION OF YOUR INTENT TO WORK AFTER RETIREMENT

The Pension Plan provides two important forms to help you manage your return to work in an efficient manner. You can notify the Pension Plan of your intent to return to work by filling out the Retiree Re-employment Notification form, and then the End of Re-employment Notification form, to tell the Pension Plan when you have stopped working so that your pension benefit can be reinstated in an expedited matter. Both of these forms are available at [www.mpiphp.org](http://www.mpiphp.org).

As always, be sure to consult with your Pension Plan *Summary Plan Description* to learn about the rules related to re-employment. If you have any questions about the rules as they may apply to your individual situation, please call MPIPHP’s Participant Service Center to speak with a representative.

# fyi Stay Up-to-Date

## CHANGES TO MONTH OF SUSPENDIBLE SERVICE

### Motion Picture Industry Pension Plan:

Effective December 22, 2019, references to “40 hours” are changed to “50 hours” on the following pages of the *Summary Plan Description for the Motion Picture Industry Pension & Individual Account Plans*:

- ▶ Pages 6, 20, 21, 25, 26, and 43.

## REQUIRED DISCLOSURE

### Motion Picture Industry Pension Plan and Motion Picture Industry Individual Account Plan:

As a result of the requirements of certain investment funds in which the Motion Picture Industry Pension Plan and the Motion Picture Industry Individual Account Plan are invested, we are required to inform you that these plans have claimed exclusion from the definition of the term “commodity pool operator” and are, therefore, not subject to registration or regulation under the Commodity Exchange Act.

# Medical Referrals

## MAXIMIZING YOUR BENEFITS USING THE INDUSTRY HEALTH NETWORK

**P**articipants who use a UCLA Health-Motion Picture & Television Fund (UCLA-MPTF) Health Center may find that they need to see a specialist for additional care. While they may choose to see an out-of-network specialist of their choice and pay the established co-payment and co-insurance, they can also stay in-network and be provided with a referral to a contracted physician specialist who is part of The Industry Health Network (TIHN). If the participant has a referral from a UCLA-MPTF Health Center primary care physician and visits that specialist who is part of TIHN, they are only required to pay a \$5 co-payment, with no co-insurance.

Participants who are referred to a specialist in TIHN will receive a paper referral. The referral may also be transmitted to the specialist's office by the UCLA-MPTF Health Center so that a participant can quickly make an appointment with the specialist. The referral will include a referral number, the name and contact information of the specialist and the condition that is the basis of the referral. All referrals, except referrals for pediatricians, expire within a year of their issuance; a participant must obtain a new referral from their UCLA-MPTF Health Center physician if they would like to continue to see the same TIHN specialist.

Always keep a copy of the paper referral because you may need it in the future. Also, while TIHN specialists are contracted with the UCLA-MPTF Health Center, these doctors are not always familiar with the covered benefits of the Motion Picture Industry Health Plan (MPIHP). To avoid unexpected expenses, be certain to verify whether any procedures that a specialist orders for you are covered by MPIHP.

For more information about UCLA-MPTF Health Center referrals to TIHN specialists, please call the UCLA-MPTF Health Center customer service department at (800) 876-8320.

## Keeping Your Personal Information Up-to-Date

It is very important that the Motion Picture Industry Pension & Health Plans (MPIPHP) have your current contact information on file so that you receive important communications. Please make sure all your personal information, including your address, names of your dependents and beneficiaries, and addresses of dependents, if different than yours, is up-to-date with MPIPHP.







## TIPS FROM THE DOCTOR

DR. JANICE SPINNER,  
CHIEF MEDICAL OFFICER

# CONSIDER BECOMING A Flexitarian

For years, doctors have recommended people eat a plant-based diet containing more fruits, vegetables, whole grains, nuts and legumes, and less meat and processed foods. Medical research has repeatedly shown that plant-based diets are simply healthier for people, and lower the risk for many diseases including obesity, heart disease and diabetes.



the risk for many diseases including obesity, heart disease and diabetes.

In an interesting convergence, the United Nations published a climate change report last summer that describes eating a plant-based diet containing little or no meat as a major opportunity to mitigate and adapt to climate change.



Producing animal protein is resource intense. As compared to plant protein, the production and sale of animal protein uses more land, water and fertilizer, produces more waste, costs more to transport and store, and is overall more perishable. Cows and lambs also produce methane when they digest food, increasing the burden on the environment.

**So the jury is in, eating a plant-based diet containing less animal protein is both good for you and good for the planet.**

If you are not ready to give up on meat entirely, but want to cut down on animal based foods, think about becoming a flexitarian. A flexitarian is defined in the *Merriam-Webster* dictionary as "one whose normally meatless diet occasionally includes meat or fish." Just 3% of Americans are vegetarians, but it is estimated that almost half of us are flexitarians now, having already cut back on meat and animal products and increased the plant-based foods in our diet.

If you are considering becoming a flexitarian, you may find the following suggestions helpful:



**Eat meat as a side dish instead of as the star of the meal**



**Try meatless Mondays, and once you get the hang of it, add days**



**Enjoy a veggie burger or a falafel**



**Discover substitutes, such as lentils instead of meat in sloppy joes, bolognese or chili**



**Try tofu as it is low in fat, high in protein, inexpensive and versatile**



**Be a vegetarian by day; make dinner your only meat meal**



**Check out the internet; it is filled with hints and recipes for eating less meat**

# The Wellness Program

**TAKING STEPS  
TO IMPROVE  
YOURSELF**



## **HARD TO MAKE IT TO A SCHEDULED CLASS OR WEBINAR?**

Access podcasts or videos on a wide variety of health topics at [www.kp.org/video](http://www.kp.org/video) or [www.kp.org/audio](http://www.kp.org/audio). Access to videos and podcasts are available to members of all health plans.

The following classes are available to participants of the Motion Picture Industry Health Plan (MPIHP). Classes for the first quarter of 2020 will be held at the following locations:

**Henry Mayo Health & Fitness Center (“Henry Mayo”)**  
24525 Town Center Drive  
Santa Clarita, CA 91355  
(Down the street from Henry Mayo Hospital)

Please park in front of Henry Mayo Health and Fitness Center (*not the hospital*). Workshops will be held in the Community Education room near the entrance. Look for the workshop signs.

**Motion Picture Industry Pension & Health Plans (“MPI”)**  
11365 Ventura Boulevard  
Studio City, CA 91604

Free and secured parking is available off MPI’s entrance on Ventura Boulevard. Please sign in with the security guard near the elevators on parking level 1 (P1).

The attendant will direct you to the workshop location.

**NEW LOCATION!**  
**Providence Occupational Health Center (“POHC”)**  
3413 W. Pacific Ave., Room 104 or 205  
Burbank, CA 91505

Ample free parking is available in the main lot or underground. Street parking is also available.

Please note that registration in a class is required to attend.

For more information or to attend a class at MPIHP or POHC, please visit [www.mpiphp.org](http://www.mpiphp.org), or contact The Wellness Program at [wellness@mpiphp.org](mailto:wellness@mpiphp.org) or (800) 654-9355.

For more information or to attend a class at Henry Mayo, please visit [www.henrymayo.com/classes-events/](http://www.henrymayo.com/classes-events/). Henry Mayo classes are not exclusive to MPIHP participants.

All participants of MPIHP may participate in webinars hosted by Kaiser Permanente.

**WW**  
(Formerly WEIGHT WATCHERS)  
**EVERY TUESDAY, FROM JANUARY 7 THROUGH MARCH 24**  
(Except on major holidays)  
6:15pm Weigh-in;  
6:30 - 7:00pm ▶ MPI

**BACK IN ACTION: BACK CARE**  
Henry Mayo’s free spine education class offers valuable information on how to take better care of your spine to prevent future back and neck injuries and to improve pain management.

**JANUARY 22**  
5:00 - 6:00 p.m. ▶ Henry Mayo  
**FEBRUARY 26**  
5:00 - 6:00 p.m. ▶ Henry Mayo  
**MARCH 25**  
5:00 - 6:00 p.m. ▶ Henry Mayo

## **BLISSFUL RESTORATIVE YOGA & ESSENTIAL OILS**

Learn to relax the body at a very deep level using restorative postures, breath work, meditation, essential oils, props and/or a chair, to enter into a wonderful state of calmness and ease. Restorative yoga focuses on relaxing the

## **PLEASE NOTE**

**Due to information being unavailable at time of printing, please visit [www.mpiphp.org/home/wellness](http://www.mpiphp.org/home/wellness) for the most updated class schedule information.**



body, spirit and mind, creating an environment to renew and heal. No athletic ability necessary; safe for all levels. Bring a yoga mat and bolster cushion in you have one.

**JANUARY 22**

6:30 - 7:45 p.m. ▶ MPI

**MARCH 25**

6:30 - 7:45 p.m. ▶ MPI

**BUILDING BETTER BONES**

Building better bones uses Bones for Life®, a movement program based on the work of Dr. Moshe Feldenkrais. It uses the Feldenkrais tools of awareness and focused attention to increase bone health, alignment and posture. Participants of the program report reduced tension, enhanced posture and coordination, increased flexibility and stability, as well as greater comfort in their bodies.

**FEBRUARY 22**

12:15 - 2:15 p.m. ▶ POHC, Room 104

**MARCH 21**

12:15 - 2:15 p.m. ▶ POHC, Room 104

**DIABETES SELF-CARE MANAGEMENT: 1**

Learn the facts and myths about diabetes, as well as how to eat, exercise and monitor your blood



glucose to best manage your diabetes, improve your health and prevent complications from diabetes. Led by a Registered Dietitian (RD) and Certified Diabetes Educator (CDE).

**JANUARY 9**

5:30 - 7:30 p.m. ▶ Henry Mayo

**FEBRUARY 20**

5:30 - 7:30 p.m. ▶ Henry Mayo

**MARCH 12**

5:30 - 7:30 p.m. ▶ Henry Mayo

**DIABETES SELF-CARE MANAGEMENT: 2**

Learn how food and feelings affect behavior and blood glucose levels. Discover how family, cultural and religious practices can affect your eating habits and health.

Learn how to reduce long-term risk factors that cause long-term complications in diabetics. Led by a Registered Dietitian (RD) and Certified Diabetes Educator (CDE).

**JANUARY 23**

5:30 - 7:30 p.m. ▶ Henry Mayo

**FEBRUARY 27**

5:30 - 7:30 p.m. ▶ Henry Mayo

**MARCH 26**

5:30 - 7:30 p.m. ▶ Henry Mayo

**FINANCIAL SPOTLIGHT**

When was the last time you honestly reviewed your spending habits, debt-to-income ratio, assets and liabilities? Learn how to create a budget that is realistic, reduce your debt and discover strategies to invest in a more financially-secure future, wherever you are in life. All questions are welcome!

**JANUARY 8**

6:00 - 7:00 p.m. ▶ POHC, Room 205

**FEBRUARY 5**

6:00 - 7:00 p.m. ▶ POHC, Room 205

**MARCH 4**

6:00 - 7:00 p.m. ▶ POHC, Room 205

**FIRST ENTERTAINMENT CREDIT UNION WEBINAR: BUDGETING STRATEGIES**

Learn tips and tricks on how to take better control of your finances, set realistic financial goals and

**JANUARY 2020**

SUN	MON	TUE	WED	THU	FRI	SAT
			1 New Year's Day	2	3	4
5	6 Practice Mindfulness HM 5-6pm	7 WW POHC Rm 104 6:15-7pm	8 Financial Spotlight POHC Rm 205 6-7pm	9 Diabetes Care (1) HM 5:30-7:30pm	10	11
12	13 Practice Mindfulness HM 5-6pm	14 WW POHC 6:15-7pm Financial Fitness HM 6-7pm	15 Budgeting Strategies Webinar 6-7pm PT	16 Tai Chi MPI 6:30-7:30pm	17	18 Building Resilience Webinar Noon-1pm PT
19	20 Practice Mindfulness HM 5-6pm	21 WW POHC Rm 104 6:15-7pm	22 Back Care HM 5-6pm Blissful Yoga MPI 6:30-7:45pm	23 Diabetes Care (2) HM 5:30-7:30pm	24	25 HeartSaver First Aid MPI 9am-Noon
26	27 Practice Mindfulness HM 5-6pm	28 WW POHC Rm 104 6:15-7pm	29	30	31	

make better decisions. Learn how to replace money mistakes with healthier financial habits based on your personality. Give yourself the power of choice and great financial wellness.



**JANUARY 15**  
6:00 - 7:00 p.m. Pacific Time

**FIRST ENTERTAINMENT CREDIT UNION WEBINAR: IDENTITY THEFT**

What is the difference between identity theft and identity fraud? Learn some common ways thieves capture your vital information, ways to prevent fraud and protect yourself. A few eye-opening statistics, as well as resources, will be provided.



**MARCH 11**  
6:00 - 7:00 p.m. Pacific Time

**HEARTSAVER CPR AND AED CERTIFICATION COURSE**

The HeartSaver Adult cardiopulmonary resuscitation/ automated external defibrillator (CPR/AED) program is a classroom, instructor-led course designed to prepare students to provide CPR and use an AED in a safe, timely,



and effective manner. Upon successful completion, students receive a HeartSaver CPR/AED course completion card, which is valid for two years.

**MARCH 28**  
9:00 a.m. - Noon ▶ MPI

**HEARTSAVER FIRST AID CERTIFICATION COURSE**

This certified course will cover duties, roles and responsibilities of first aid rescuers when identifying and treating emergencies such as choking, diabetes, heart attack, bleeding, broken bones, stings, bites, poisoning and temperature emergencies. Upon successful

completion, students receive a HeartSaver First Aid Certification card, which is valid for two years.

**JANUARY 25**  
9:00 a.m. - Noon ▶ MPI

**OPTUM WEBINAR: BUILDING RESILIENCE**

Learn how to deal with unexpected challenges in a positive way. Discover your own personal resilience level and create a strategy to become more resilient, so you can better handle the difficulties, challenges and setbacks that may come your way in life.



**JANUARY 18**  
Noon - 1:00 p.m. Pacific Time

**OPTUM WEBINAR: SIMPLIFY LIFE**

Learn to identify the personal barriers of living a simpler life. Discover tools to declutter, organize and re-arrange priorities and commitments. Learn how the habit of making excuses allows people to avoid healthy change, preventing them from achieving a simpler, more harmonious life.



**FEBRUARY 8**  
11:00 a.m. - Noon Pacific Time

**FEBRUARY 2020**

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 Practice Mindfulness HM 5-6pm	4 WW POHC Rm 104 6:15-7pm	5 Financial Spotlight POHC Rm 205 6-7pm	6	7	8 Simplify Life Webinar 11am-Noon PT
9	10 Practice Mindfulness HM 5-6pm	11 WW POHC Rm 104 6:15-7pm	12	13 Tai Chi MPI 6:30-7:30pm	14	15
16	17 Practice Mindfulness HM 5-6pm	18 WW POHC Rm 104 6:15-7pm	19	20 Diabetes Care (1) HM 5:30-7:30pm	21	22 Better Bones POHC Rm 104 12:15-2:15pm
23	24 Practice Mindfulness HM 5-6pm	25 WW POHC Rm 104 6:15-7pm	26 Back Care HM 5-6pm	27 Diabetes Care (2) HM 5:30-7:30pm	28	29





and brief discussion about mindfulness practices. Mindful meditation reduces anxiety, depression, pain, disease and improves mental focus, sleep and eating habits. Chairs, mats, blankets and cushions provided, but you are welcome to bring your own. A \$5 fee may apply for this class. Contact Henry Mayo Fitness & Health Center for more information.

**EVERY MONDAY FROM JANUARY 6 THROUGH MARCH 30 (EXCEPT MAJOR HOLIDAYS)**  
5:00 - 6:00 p.m. ▶ Henry Mayo

**TAI CHI FOR BETTER HEALTH**  
Come learn this beautiful, ancient Chinese practice that uses graceful, meditative movements, and slow, deep breathing. Science shows that Tai Chi is a great way to improve balance, coordination, reduce anxiety and depression, and increase a sense of well-being.

**JANUARY 16**  
6:30 - 7:30 p.m. ▶ MPI

**FEBRUARY 13**  
6:30 p.m. - 7:30 p.m. ▶ MPI

**MARCH 19**  
6:30 p.m. - 7:30 p.m. ▶ MPI

**OPTUM WEBINAR: MINDFULNESS 101**

Mindfulness is one of the most researched and clinically-evidenced tools for building a happier and healthier life. Through mindfulness, we can learn how to live a more balanced life; one that is in tune with our core values which results in a sense of peace. This session is a short introduction to a practice that can be woven into everyday life and demonstrates how mindfulness comes from learning to live with a greater clarity, focus, peace and fulfillment.

 **MARCH 14**  
11:00 a.m. - 12 p.m. Pacific Time

**PERSONAL FINANCIAL FITNESS: BUDGET, GROWING AND PROTECTING ASSETS**

Want to take control of your money? This class will teach you how to organize your finances, create a budget that works for you and your family, and save more money for future goals and emergencies. It will also teach you how to manage and rebuild your credit and how to avoid financial pitfalls and consumer traps.

**JANUARY 14**  
6:00 - 7:00 p.m. ▶ Henry Mayo

**MARCH 5**  
6:00 - 7:00 p.m. ▶ Henry Mayo

**PRACTICE MINDFULNESS**

Come experience a guided mindfulness meditation practice

**MARCH 2020**

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Practice Mindfulness HM 5-6pm	3 WW POHC Rm 104 6:15-7pm	4 Financial Spotlight POHC Rm 205 6-7pm	5 Financial Fitness HM 6-7pm	6	7
8	9 Practice Mindfulness HM 5-6pm	10 WW POHC Rm 104 6:15-7pm	11 ID Theft Webinar 6-7pm PT	12 Diabetes Care (1) HM 5:30-7:30pm	13	14 Mindfulness 101 Webinar 11am-Noon PT
15	16 Practice Mindfulness HM 5-6pm	17 WW POHC Rm 104 6:15-7pm	18	19 Tai Chi MPI 6:30-7:30pm	20	21 Better Bones POHC Rm 104 12:15-2:15pm
22	23 Practice Mindfulness HM 5-6pm	24 WW POHC Rm 104 6:15-7pm	25 Back Care HM 5-6pm Blissful Yoga MPI 6:30-7:45pm	26 Diabetes Care (2) HM 5:30-7:30pm	27	28 HeartSaver CPR MPI 9am-Noon
29	30 Practice Mindfulness HM 5-6pm	31				



P.O. Box 1999  
Studio City, CA  
91614-0999

PRSR STD  
U.S. POSTAGE  
**PAID**  
Los Angeles, CA  
Permit No. 4848



Engage ▶ Educate ▶ Empower

**Learn More at**  
**[www.mpiphp.org](http://www.mpiphp.org)**

# fyi MPI

WINTER | 2019

FROM



**Retired and  
Called Back To Work?**

**Tips From The Doctor:  
Becoming a Flexitarian**

**Get Connected With  
The Daily Call Sheet**