

VEA Update

4 Weeks of Free Online Fitness

Northwest Personal Training is offering VEA members FREE access to their online virtual fitness classes for 4 weeks. It's normally \$99, but they want to gift it to us in gratitude for all the hard work and extra hours we're putting in to serve students and families during the closure!

There are over 60 Live classes, 7 days per week and they are all saved so you can watch them at any time that is convenient for you from the privacy of your home. Preview the [class schedule](#), as well as a [video](#) that highlights the program. They are also hosting daily Work-from-Home 15-minute Energy and stretching Breaks – something we could all use – as well as daily PE classes for kids and even a daily Youth Sports Conditioning clinic for young athletes who have had all their spring sports and clinics canceled.

Email kristin@nwpersonaltraining.com to be added to the private NWPT Facebook group so you can start taking the classes!



Best Use of your Kaiser Plan Webinar

VEA is proud to partner with the Labor-Management Partnership at Kaiser Permanente to offer a free webinar to help members make the most of their Kaiser health care plan and save money too! On **Wednesday, May 27th, starting at 4:30 PM**, learn about a variety of services and programs at Kaiser Permanente, all dedicated to helping you discover your total health and thrive. To better understand your health plan and all the benefits available to you, please [register here](#) for the free webinar.



ID Protection through NEA Member Benefits

With all the various scams that have arisen during the pandemic shutdowns, educators have expressed concern about being the victim of identity theft. NEA Member Benefits partner California Casualty has joined with CyberScout, a leading provider of identity services, to bring educators ID Defense at no additional charge **if they have auto or home insurance coverage through California Casualty.**

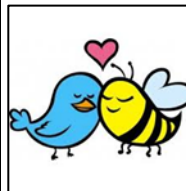
The service provides advocacy through CyberScout to help handle the recovery by placing fraud alerts, calling creditors, and assisting for as long as it takes to restore the good name and peace of mind for identity theft victims. For more information, members can call California Casualty at 800-800-9410 and choose Option 3, or visit www.calcas-idtheft.com for details.



Planning to Start a Family Workshop

Monday, June 1st from 4:30-6:30 PM, VEA is excited to host a free workshop for members and their significant other on how to prepare and plan for pregnancy and maternity/paternity related leaves. This will also cover information about other available resources you may want to consider when starting a family!

Workshop Topics: Maternity, Paternity, and Adoption Leave; FMLA Benefits; SEBB/Insurance Changes; Standard Insurance Extended Leave; VEA Contract and Shared Leave Provisions; Counseling Resources for your Transition; Financial Planning Member Benefit; VEA Member-to-Member Shared Experience; NEA Member Benefits.



If you plan to start a family, don't miss this workshop! Please **RSVP by May 29th** to receive the zoom link. Contact Cindy Brown at 360-607-7697 or cbrown@washingtonea.org with any questions.