

MMHG Wellness

APRIL 2024 Schedule of Events

Visit www.mmhg.org/wellness

Date/Time	Event	Other information
Ongoing	Wellable On-Demand Fitness & Mindfulness/Meditation Classes, recipes and meal planning resources Click HERE for More Information	Wellable's On-Demand Fitness Classes provide employees/retirees/dependents of MMHG member units with easy and unlimited access to hundreds of workouts from the world's top trainers—available anytime, anywhere. Now includes Mindfulness Classes and recipes/meal planning resources!
Ongoing	Learn to Live Visit learntolive.com/partners and enter code MMHG	Learn to Live is a FREE, confidential online mental health program. Mayflower Municipal Health Group member unit employees, retirees and their family (age 13 and over) can enroll for free in any of Learn to Live's interactive programs: Insomnia/ Stress/ Anxiety & Worry/Depression /Social Anxiety /Substance Use
Ongoing	Savory Living Healthy Eating Lifestyle Program Click HERE for More Information <i>Limited free subscriptions available on a first come first serve basis.</i>	Ready to use "food as medicine" and take control of how you eat and feel? Savory Living is a 12 session, self-paced, personalized, online program that includes nutrition coaching to keep you motivated to eat healthy, tackle challenges and reach your goals.
Ongoing	Harvard Pilgrim Living Well at Home with Virtual Wellness Classes Click HERE for Schedule & More Information	Check out Harvard Pilgrim's latest complimentary offerings including webinars, exercise classes, and even mini meditations. These sessions are easy to access via Zoom.
Ongoing	The EX Program Click HERE for More Information	The EX Program is a FREE and confidential digital quit-smoking program that personalizes the quitting journey for each participant. The interactive, self-paced, guided quit plan provides the specialized support tobacco users need for the behavioral, social, and physical aspects of tobacco addiction.
Ongoing Tuesdays, Wednesdays & Thursdays from 8:30- 9:00 AM	Virtual Guided Mindfulness Sessions No need to register- click HERE for website with link to join the live webinar at scheduled time.	Experiment with short bursts of mindfulness instruction, followed by mini meditations, led by our team of expert instructors. Via Harvard Pilgrim Living Well at Home.
Ongoing Mondays & Wednesdays 5:15 PM	Virtual Yoga Classes No need to register- click HERE for website with link to join the live webinar at scheduled time.	Breathe in, breathe out and stretch it out with a relaxing yoga practice. These live yoga sessions are accessible to all fitness levels and are the perfect way to wind down after a long day.
Ongoing Tuesdays & Thursdays 5:15 PM	Virtual Zumba Classes No need to register- click HERE for website with link to join the live webinar at scheduled time.	Dance like nobody's watching! Our Zumba® classes will be the most fun you've ever had working out. Enjoy upbeat music and moves anyone can try!
Ongoing Tuesdays & Thursdays 7:30 AM	Virtual Strength Training Classes No need to register- click HERE for website with link to join the live webinar at scheduled time.	This thirty minute strength training session will get you ready to start your day! Weights are optional, all exercises can be performed using body weight only for beginners, or household items for those without access to weights to increase strength. A quick warm up to get started, moving through various strengthening exercises and closing with some stretching. Be ready, to be stronger, today!

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Tuesdays 12:00 pm – 12:30 pm November 21 · December 19 · January 16 · February 20 · March 19 · April 16 · May 21	Virtual Series: Mindful Movement: Chair Yoga for the Office or Anywhere Click HERE for more information <i>*webinar recordings of sessions will be available to view (request by email to wellness@mmhg.org).</i>	It's something we've all experienced: tightness or discomfort in the body. The gentle stretches and postures taught in this program are designed to increase flexibility at the joints – thereby improving one's range of motion – and also aid in relaxing the hips and lower portions of the body to increase one's ability to sit with ease. Because this practice blends movement in the body with the breath, it is an ideal extension of mindfulness practice
October 2023- May 2024	AHealthyMe Health Assessment Incentive Click HERE for more information	BCBS has a brand new AHealthyMe website! Eligible MMHG BCBS members can win gift cards!
April 23rd– June 14th <i>Registration begins April 8th</i>	Strive for your Optimal Weight Challenge Visit www.mmhg.org/wellness for more information	READY, SET, GOAL! Learn the strategies to lose weight and keep it off. The Optimal Weight Challenge includes weekly blogs, fun pop-up challenges with a weekly prize winner, webinars, quizzes, and personalized nutrition counseling sessions, along with Q & A with your instructor. All participants who earn 100 points or more by the end of the challenge will be entered into the Grand Prize Raffle!
April 29th– June 9th	Spring <i>Step it Up</i> Walking Challenge Click HERE for more information	Step it Up! is a 6 week team-based ACTIVITY program with user friendly online tracking that helps you view your progress. Win team and individual raffle prizes!
April 8,22,29, May 6,13,20 June 3,10, 17,24 4:30– 5:30 PM	Zumba Toning At the Kingston Council on Aging 30 Evergreen Street Kingston Click HERE for more information.	Debbie Rafferty's continues her popular Zumba Toning classes in Kingston- in person!
Thursdays, April 4, 11, 18, 25 1:00– 1:30 PM	Virtual Class: RAQ THE BARRE Click HERE or more information	RAQ THE BARRE® is a fun and effective barre fitness program, blending ancient Middle Eastern movements into a modern barre workout!
Wednesday, April 3rd 1:00– 1:30 PM	Webinar: Step Into Spring Click HERE for more information	Spring is the season of fresh starts, hope, flowers and renewal. As we are all emerging from a long winter, this webinar will focus on how we can fully embrace the spring season! We'll discuss ideas such as new ways to enjoy spring fruits and vegetables, tips on spring cleaning and more!
Friday, April 5th 12:00– 12:30 PM	Webinar: When Substance Use Becomes a Concern Click HERE for more information	Substance use problems impact 1 in 7 people in their lifetime—but only 1 in 10 will ask for help. The Learn to Live Clinical Team will explore our relationship with substances, and how you can take helpful action if you or a loved one is wanting to cut back.
Tuesday, April 9th, 10:15– 11:00 AM Wednesday, April 10th, 12:15-1:00 PM Thursday, April 11th, 2:15– 3:00 PM	Webinar: Environmental Wellness Click HERE for more information	This webinar explores how residing in pleasant, stimulating environments promotes well-being and inspires positive changes in your home, community, and the planet.
Women's Health Wednesdays with the Learn to Live Clinical Team	Webinar: Beyond the Baby Blues April 10th, 1:00– 1:15 PM Webinar: Calming Strategies for Postpartum Anxiety April 17th, 1:00– 1:15 PM Webinar: Simple Menopause Strategies April 24th, 1:00– 1:15 PM	Click HERE for webinar descriptions and registration information
Wednesday, April 10th 1:00– 1:30 PM	Webinar: Stress: New Ways of Understanding an Old Problem Click HERE for more information	Develop a greater understanding of stress and uncover its hidden benefits! Take a look at the mind-body feedback loop and discover the impact of stress (and relaxation!) on our mental, emotional, and physical health.

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Wednesday, April 17th 1:00- 1:30 PM	Webinar: Living Simply Click HERE for more information	This session examines how individuals create their own stress by being overstimulated while also having unrealistic expectations of themselves and others. It helps participants see the value in reconnecting with the simple life and how it can help manage the chaos of their lives.
Wednesday, April 24th 1:00- 1:30 PM	Webinar: Go Outside and Explore! Click HERE for more information	Spring is here, and we finally get to spend time outside! You know you feel better when you spend time outside, and more and more research is supporting this idea. In this webinar, we'll talk about ideas for some fun adventures for the spring!
Thursday, April 25th 3:00- 3:30 PM	Webinar: Managing Stress and Worry Click HERE for more information	The Learn to Live clinical team will walk through concepts/exercises to help you manage the increased emotional challenges many of us are facing. You'll learn how to recognize signs of stress, take action to reduce negative emotions, restoring a feeling of calmness and improved well-being.

April Health Tips & Links:

Natural light is a powerful mood enhancer. Spend time outdoors or bask in morning sunlight within an hour of waking to stimulate the release of feel-good hormones like serotonin.

<https://www.sleepadvisor.org/morning-sunlight/>

Poor indoor air quality can lead to respiratory issues, allergies, and other health problems. Opt for non-toxic cleaning products and regularly open windows to reduce harmful chemicals in the air.

<https://www.healthline.com/health/how-to-improve-air-quality-at-home>

Swap processed snacks for sugar snap peas to boost fiber in your diet. Enjoy them with your favorite dip, like hummus or tzatziki, for a satisfying and filling snack.

<https://www.verywellfit.com/sugar-snap-peas-nutrition-facts-calories-and-health-benefits-4119891>

April Recipe: Spicy Lentil Tacos

Serves 4

Ingredients:

For the lentil taco filling:

- 1 tbsp extra-virgin olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- ½ small jalapeño, finely diced
- 1 tbsp chili powder
- ½ tsp dried oregano
- 1 tsp ground cumin
- 1 tsp brown sugar (optional)
- ¼ tsp salt (optional)
- ¼ to ½ tsp cayenne pepper
- 2 x 14 oz (400 g) cans brown lentils, drained
- 1 lime, juiced
- 2 tbsp tomato paste
- 2 tbsp water

8 corn tortillas

Toppings: hot sauce, shredded cabbage, grated carrot, sliced avocado, sour cream, cilantro



Instructions

1. Heat the olive oil in a skillet over medium heat. Add the diced onion, minced garlic, and finely diced jalapeño pepper. Sauté for 8 minutes until soft.
2. Add the chili powder, dried oregano, ground cumin, brown sugar, salt, and cayenne pepper to the skillet. Sauté for an additional minute.
3. Add the drained lentils to the skillet and cook for 2 more minutes.
4. Stir in the lime juice, tomato paste, and water. Mix well and continue stirring and heating for another 2 minutes.
5. Heat the corn tortillas in the microwave or skillet.
6. Place a portion of the lentil filling onto each tortilla to assemble the tacos. Top with shredded cabbage, grated carrot, and sliced avocado.
7. Drizzle hot sauce, sour cream or plant-based sour cream over the tacos and sprinkle fresh cilantro leaves. Serve immediately.

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