



MMHG Wellness

FEBRUARY 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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<p>Tuesdays 12:00 pm – 12:30 pm November 21 · December 19 · January 16 · February 20 · March 19 · April 16 · May 21</p>	<p>Virtual Series: Mindful Movement: Chair Yoga for the Office or Anywhere Click HERE for more information</p> <p><i>*webinar recordings of sessions will be available to view (request by email to well-ness@mmhg.org).</i></p>	<p>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</p>
October 2023- May 2024	<p>AHealthyMe Health Assessment Incentive Click HERE for more information</p>	<p>BCBS has a brand new AHealthyMe website! Eligible MMHG BCBS members can win gift cards!</p>
February 26th– April 7th	<p>Organize Your Life Challenge Click HERE for more information.</p>	<p>This challenge makes the organization process fun, helping participants achieve a sense of order in several areas of their lives. To start, participants will learn about organization, including strategies to prevent feeling overwhelmed by the process. They will then complete six Organization Exercises, which involve watching a short video and completing an associated Organization Checklist to earn Wellable Points!</p>
<p>January 8, 22, 29 February 5, 12, 26 March 4, 11, 18, 25 4:30– 5:30 PM</p>	<p>Zumba Toning At the Kingston Council on Aging 30 Evergreen Street Kingston Click HERE for more information.</p>	<p>Debbie Rafferty's continues her popular Zumba Toning classes in Kingston- in person!</p>
<p>Thursdays, February 1,8,15,22,29 1:00– 1:30 PM</p>	<p>Virtual Class: Cardio Calisthenics Click HERE for more information</p>	<p>Perform traditional calisthenic exercises at different levels of intensity and rhythm to get your heart and muscles pumping.</p>
<p>Monday, February 5th 12:00– 1:00 PM</p>	<p>Webinar: Disease Prevention & Metabolic Syndrome- Are You at Risk? Click HERE for more information</p>	<p>Learn about... • What is Metabolic Syndrome? • What are the risk factors? • How to manage or prevent these conditions to reduce overall health risks</p>
<p>Wednesday, February 7th 1:00– 1:30 PM</p>	<p>Webinar: Goodnight, Insomnia Click HERE for more information</p>	<p>Learn about the importance of sleep, the cycles of sleep, and some tips and strategies for falling asleep and staying asleep in order to get a full night's rest.</p>
<p>Friday, February 9th, 1:00– 1:15 PM Friday, February 16th, 11:30-11:45 AM Tuesday, February 27th, 4:00– 4:15 PM</p>	<p>Webinar: Good News About The Winter Blues Click HERE for more information</p>	<p>For many of us, the winter months can feel awfully long with colder temperatures and far less sunshine. Motivation and mood can drop, either subtly or so significantly that even usual day-to-day activities feel impossible. But, in this 15-minute webinar, we will share the good news: that there are research supported steps we can take to live fully, even through wintertime challenges.</p>
<p>February 13th, 10:15– 11:00 AM February 14th, 12:15– 1:00 PM February 15th, 2:15– 3:00 PM</p>	<p>Webinar: Real Food Revolution Click HERE for more information</p>	<p>This webinar discusses the benefits of prioritizing whole, minimally processed foods for optimal nutrition as well as making informed, conscious food choices that align with your health goals, values, and environmental stewardship.</p>
<p>Wednesday, February 14th, 12:00– 12:30 PM</p>	<p>Webinar: Building Stronger Connections for a Healthier Life Click HERE for more information</p>	<p>Research shows that connectedness is a key factor for health, but our connections with others are slipping. The L2L Clinical Team will help you explore your own factors for connectedness and discuss ways to remove the barriers that keep you isolated.</p>
<p>Wednesday, February 14th 1:00– 1:30 PM</p>	<p>Webinar: What's the Deal with Fatigue? Click HERE for more information</p>	<p>us to learn more about the root causes of fatigue and ways to work on regaining your physical and mental energy.</p>
<p>Wednesday, February 21st 1:00– 1:30 PM</p>	<p>Webinar: Cravings and Sugar Unsweetened Click HERE for more information</p>	<p>Learn strategies that nip cravings in the bud. See why sugar is so addictive, and how it affects your body from head to toe. Learn the differences between several types of sweeteners. Discover ways of reducing sugar without sacrificing the taste and enjoyment of food.</p>
<p>Thursday, February 22nd 1:00– 1:30 PM</p>	<p>Webinar: Why Do I Care So Much about What They Think? Click HERE for more information</p>	<p>Do you worry about other's judgement of you too much? You aren't alone. Break through your social anxiety and fear of other's judgement by learning evidence-based strategies to help you live more fully!</p>

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Wednesday, February 28th 3:00– 3:30 PM	Webinar: Setting and Reaching Goals Click HERE to register	In this webinar, we will discuss the steps which you can take to help you change old habits and reach your health goals whether they are related to nutrition, physical exercise, sleep, or other lifestyle activities.
ANYTIME!	Webinar Recording: Savory Living Create your Eat Well 2024 Plan Click HERE for more information	Ready to TAKE CONTROL of how you EAT AND FEEL in 2024? Want to activate healthy eating to reduce inflammation to get to and stay at your ideal weight, gain energy, improve your moods, feel great and get relief from things like headaches, joint pain, and digestive issues? Watch this webinar as Sue Levy, the founder of Savory Living, helps you use "food as medicine" to create a healthy eating plan that works for you! You'll set your goals and leave with the breakfast, lunch and snack ideas you need to kick start your healthy eating lifestyle!

February Health Tips & Links:

Celebrate Valentine's Day by treating yourself to heart-healthy foods! Elevate cardiovascular well-being by adding flax-seeds, chia seeds, and hemp seeds to smoothies and salads.

<https://health.gov/myhealthfinder/health-conditions/heart-health/heart-healthy-foods-shopping-list>

Life's too short to be constantly exhausted. Prevent burnout with the "3-3-3" rule: allocate three hours weekly to self-care, take three weeks off work each year, and have three unplugged days annually.

<https://health.clevelandclinic.org/signs-of-burnout/>

Take a break from the keyboard and head outdoors! Infuse brief walks into your schedule to rejuvenate your mind, stretch your legs, and enhance productivity.

<https://www.health.harvard.edu/staying-healthy/walking-breaks-counter-the-effects-of-sitting>

February Recipe: Roasted Vegetable Traybake with Yogurt Tahini Dressing

Serves 6

Ingredients

For the yogurt tahini dressing:

- 7 oz (200 g) natural yogurt
- 4 tbsp tahini
- 1 clove garlic, minced
- ½ lemon, juiced
- pinch of salt & black pepper, to taste
- 7 oz (200 g) potatoes, chopped into bite-sized pieces
- 9 oz (250 g) butternut squash, peeled & chopped
- 1 head broccoli, chopped
- 1 red onion, sliced
- 2 cloves garlic, minced
- 14 oz (400 g) can chickpeas, drained
- 1 tsp of olive oil
- 1 tsp ground cumin
- 1 tsp smoked paprika
- ½ tsp ground cinnamon
- pinch of salt & black pepper



Instructions

Preheat the oven to 360 °F (180 °C).

Place the potatoes, butternut squash, broccoli, red onion, garlic, and chickpeas on a large baking tray. Drizzle with olive oil, season with cumin, paprika, cinnamon, and a pinch of salt and pepper and toss them together.

Place the baking tray in the preheated oven and roast for 30 minutes. After 15 minutes, gently flip the vegetables over to ensure they cook evenly.

While the vegetables are roasting, prepare the yogurt tahini dressing. In a medium bowl, combine all the dressing ingredients. Adjust the seasoning with salt and pepper to taste.

Once the vegetables are roasted, remove them from the oven and serve with a generous spoon of the creamy yogurt tahini sauce.

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