

MMHG Wellness

MARCH 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!
February 26th– April 7th	Organize Your Life Challenge Click HERE for more information.	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!
March 1st– 31st	Learn to Live Sleep Challenge Click HERE for more information Learn to Live Webinar Incentive Unmasking the Secrets to a Better Night's Sleep Visit mmhg.org/wellness for more information	Participate in the Learn to Live Sleep Challenge for an opportunity to win an Amazon e-gift card! To enter, do one or more of the following: Enroll in a Learn to Live program or Complete a lesson in your Learn to Live program during the month of March. Win a \$50 Amazon gift card for viewing webinar recording: Unmasking the Secrets to a Better Night's Sleep
January 8, 22, 29 February 5, 12, 26 March 4, 11, 18, 25 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, March 7, 14, 21, 28 1:00– 1:30 PM	Virtual Class: Chair Yoga Click HERE or more information	Join us for an all-levels chair yoga class including gentle, meditative movement of all the joints with a focus on breath. You'll leave the session feeling relaxed, alert, and more connected to your body!
Monday, March 4th 12:00– 1:00 PM	Webinar: Eat Like a Centenarian– Nutrition for Longevity Click HERE for more information	Learn about... • Common lifestyle trends among Centenarians • Health benefits of eating for longevity • Health risks of popular diets and how to take a healthier, long-term lifestyle approach
Wednesday, March 6th 1:00– 1:30 PM	Webinar: Portion Control and Nutrition Click HERE for more information	This session will provide information on all the tools necessary to maintain great health. It includes information such as meal planning, portion sizes, healthy shopping tips, and healthy cooking.
Wednesday, March 6th, 1:00– 1:30 PM Friday, March 15th, 12:00–12:30 PM Tuesday, March 19th, 4:00– 4:30 PM	Webinar: Unmasking the Secrets to a Better Night's Sleep Click HERE for more information	How does the amount or quality of sleep that you get affect you? You may be surprised by the far-reaching impact that the lack of sleep can have on our lives. But rest assured, Learn to Live has gathered some very practical ways you can improve your sleep, starting tonight. Join us to learn more!
March 12th, 10:15– 11:00 AM March 13th, 12:15– 1:00 PM March 14th, 2:15– 3:00 PM	Webinar: Sleep Tight Tonight Click HERE for more information	This webinar dives into three components of healthy sleep (quantity, quality, and consistency), highlighting the science of sleep as well as strategies for getting a better night's rest for optimal health.
Wednesday, March 13th 1:00– 1:30 PM	Webinar: Eating Mindfully Click HERE for more information	This session looks at why we choose the foods we eat. Sometimes our emotions, environment and mindlessness decide what we eat and when. Examine the cause of emotional eating and how to relearn your hunger cues. Leave with a better understanding of why we eat what we eat and how to combat some of those influences

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Date/Time	Event	Other information
Tuesday, March 19th 12:00- 1:00 PM	Webinar: Ditch the Diets Click HERE for more information	Learn about... • The truth about diets and stopping the Diet Cycle • How to identify a FAD diet • Health risks of popular diets and how to take a healthier, long-term lifestyle approach
Wednesday, March 20th 1:00- 1:30 PM	Webinar: Pantry Do's and Don'ts Click HERE for more information	Take a virtual tour of a typical pantry to learn more about the nutritional content of popular foods. America's food system is riddled with 'fake foods' that are predominantly nutrient absent. Learn about which foods are better choices and which ones are best left at the grocery store.
Wednesday, March 27th 1:00- 1:30 PM	Webinar: Nutrition Food Labels Click HERE for more information	This session helps you make sense of everything you see on the front and back of food packages. Portions, Servings, Daily Values-what do they all mean? Learn what to pay attention to in ingredients lists.
Wednesday, March 27th 1:00- 1:30 PM	Webinar: Setting Boundaries for Well-being- The Art of Assertiveness Click HERE for more information	Are there times you want to set boundaries but find yourself feeling stressed or guilty in doing so? Or do you find you struggle with knowing how to be assertive in interactions with others? Join the L2L Clinical Team as they explain the four communication styles, share strategies to become more assertive, define and discuss ways to build effective boundaries in everyday life

March Health Tips & Links:

Asparagus, packed with vitamins C, K, and B9, boosts immunity. For a healthier alternative to potato fries, coat spears in seasoned breadcrumbs or Parmesan, then bake or air-fry until crispy.

<https://health.clevelandclinic.org/benefits-of-asparagus>

Sweet dreams start with smart snacking! To ensure a peaceful night's rest, leave one to three hours between your last meal and bedtime for proper digestion.

<https://www.everydayhealth.com/diet-nutrition/bedtime-snacks-help-you-fall-asleep/>

Rise and shine...without the morning fog! Sleep inertia is grogginess from sudden waking, often due to interrupted deep sleep. Beat it with bright light or a quick face wash for instant alertness.

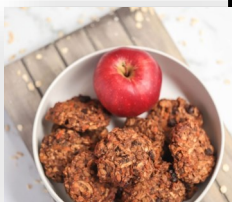
<https://www.healthline.com/health/sleep/how-to-deal-with-sleep-inertia>

March Recipe: Healthy Fruit Bites

Serves 12

Ingredients

1 ripe banana
1 apple, coarsely grated
1 carrot, peeled & coarsely grated
3.5 oz (100 g) rolled oats
1.8 oz (50 g) raisins
1 tbsp peanut butter
1 tbsp chia seeds
1 tbsp coconut oil, melted
1 tsp ground cinnamon
1 tsp ground ginger
½ tsp ground nutmeg



Instructions

1. Preheat the oven to 350 °F (180 °C). Line a baking sheet with baking paper.
2. Place the ripe banana in a mixing bowl and mash it with a fork until it becomes smooth. Add the remaining ingredients to the bowl and mix until everything is well combined. Allow the chia seeds to absorb and thicken the mixture.
3. Scoop out portions of the mixture, roughly 2 tablespoons per bite, and shape them into round, flattened bites. Try to ensure that the raisins are not too exposed on the outside as they catch and burn easily during baking.
4. Place the bites onto the prepared baking sheet. The bites do not spread much during baking so all 12 will fit on one baking sheet.
5. Place the baking sheet into the hot oven and bake the bites for 20 minutes. Remove from the oven and place the bites onto a wire rack to cool before serving.