

Mayflower Municipal Health Group

Beneficial Wellness Newsletter

ISSUE 18

SPRING/SUMMER 2017

HOT TOPICS:

*Follow MMHG Wellness on [Facebook](#) & [Twitter](#)

*MMHG members are invited to a free seminar hosted by the [Plymouth County Beekeeper's Association](#): "Deer Ticks—One Bite can Change your Life" with Larry Dapsis, Deer Tick Program Coordinator & Entomologist at the Cape Cod Cooperative Extension.

Where & When:

Whitman-Hanson Regional High School Performing Arts Center
600 Franklin Street Whitman, MA 02382
Wed., June 28, 2017
7:00 p.m.

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Best Summer Resolution: Eat More Fruits & Vegetables!

Do you eat enough vegetables and fruit? According to a 2015 CDC report only 1 in 10 Americans do.

Here's why you should make fruits & veggies the star of your plate this summer:

~ Eating plenty of vegetables and fruit may help reduce the risks of many diseases, including heart disease, high blood pressure, and some cancers.

~Vegetables and fruit are rich in vitamins and minerals that help you feel healthy and energized

~Vegetables and fruits are delicious!



Experts recommend 5-9 servings of fruits & Veggies a day.

MMHG 21 Day Fruits & Vegetables Challenge

June 7th-28th

Sign up and pledge to eat at least 5 servings of fruits and vegetables a day for a chance to win awesome prizes. Click [HERE](#) for more information.

Breaking News— Walkers Log 30,630 Miles in the 2017 MMHG Spring Walking Challenge!

Congratulations and thank you to all participants in this Spring's Walking Challenge. What an incredible job! Turn to page 5 for a list of raffle winners, final team stats and the top 10 walkers.

Mark your calendars for the Fall Walking Challenge set to begin on September 25th!

****According to the American Heart Association: Aim for 40 minute sessions of moderate to vigorous activity 3 to 4 times a week if you would benefit from lowering your blood pressure or cholesterol.**

Get Inspired!

"Eat food. Not too much. Mostly plants."
— Michael Pollan, *In Defense of Food: An Eater's Manifesto*

The MMHG has scheduled 3 regional events to motivate and inspire you to make fruits and vegetables the star of your plate. Sign up for one or all 3!

Click [HERE](#) for details.

6/12 6:00 PM
Silver Lake High School "**My Plate Seminar & Cooking Demo**" with Marcia Richards, MEd, RD, MCHES

6/13 6:00 PM
Pembroke Public Library "**Farm to Table Workshop & Cooking Demo**" with Nicole Cormier RD, LDN

4/19 5:00 PM
Hanover Town Hall: "**Healthy Eating 101**" Seminar and green smoothie tasting with Julianne McLaughlin of Whole New U

MMHG Wellness Seminars: Go to www.mmhg.org and click on "What's New" for links to the program flyers with details for each event. FREE for all employees, retirees, and dependents of MMHG Member Units.



Sign up to receive future quarterly issues of the MMHG Beneficial Wellness Newsletter by email!

NAME: _____
PHONE: _____
ADDRESS: _____
EMAIL ADDRESS: _____

Clip this form and return to:
MMHG Wellness
PO Box 3390
Plymouth, MA 02361

or send request by email to wellness@mmhg.org

Healthcare IQ Corner: How to be a Savvy Consumer



The Healthcare IQ Corner is a regular feature of the MMHG **Beneficial Wellness Newsletter**. With medical costs continuing to rise, consumers are challenged more than ever to make informed decisions about their healthcare.

NEW- High Tech Imaging Savings for MMHG Members!

The Mayflower Municipal Health Group is excited to announce a new collaboration with Shields MRI to help educate members on the cost savings of using a non hospital based provider for high tech imaging.

Did you know that MRIs can be an expensive outpatient procedure with high-priced providers costing as much as \$3,000? Free standing facilities such as Shields MRI provide the most advanced MRI machines and cost much less.

Effective July 1, 2017, our Rate Saver and Benchmark plan subscribers will enjoy waived copayments for high tech imaging when they use a freestanding facility like Shields MRI (check plan for details).

Find a Shields MRI near you:

www.shields.com

1-800-258-4674

Did you Know?

When you need medical care and your primary care physician is unavailable you have options other than the emergency room (ER). Try going to the CVS Minute Clinic or other walk in retail clinic.

They can diagnose and treat conditions like ear infections, strep throat, and poison ivy at a fraction of the cost (and hassle) of going to the ER.

Lock It Up. Keep your medicine locked in a safe place away from kids, teens, and other adults.



Important: Reminder for MMHG Members:

You are required to notify your employer within (30) days of the following events:

- **Divorce/Remarriage**
- **Medicare Eligibility of yourself or dependent**
- **Marriage**
- **Birth of a child**
- **Adoption**
- **Legal guardianship**
- **Dependent loss of status as a dependent (except for turning age 26)**
- **Change of Address**

The information contained in this newsletter can be used to increase your personal awareness of health and wellness.

Always contact your health care provider when beginning a new exercise or nutrition program, and when you have questions and concerns about medical issues impacting you or your family.

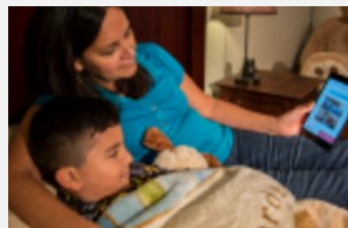
Telemedicine Coverage now Available for Harvard Pilgrim Members

Did you know that Harvard Pilgrim has added telemedicine as a standard benefit for all Non-Medicare plan members?

Telemedicine is commonly referred to as a virtual visit or a video visit. Members see a doctor through real-time, Skype-like technology—using a smart phone, tablet or computer. This allows them the option to get care without needing to travel to a provider's office or urgent care center. Coverage is primarily for on-demand, minor urgent care medical visits such as cold and flu, rashes and skin issues, upset stomach, and pediatric issues.

Harvard Pilgrim has added Doctor on Demand, a well-known national telemedicine provider group of board-certified physicians, to their network. Additionally, Harvard Pilgrim members may receive covered telemedicine services from any participating provider who also offers these kinds of services.

Telemedicine aims to improve member experience through a convenient method of care delivery outside of more costly locations like the emergency room (ER), when ER services are not necessary.



Here's a link for more information:

<https://www.doctorondemand.com/benefits/harvard-pilgrim/>

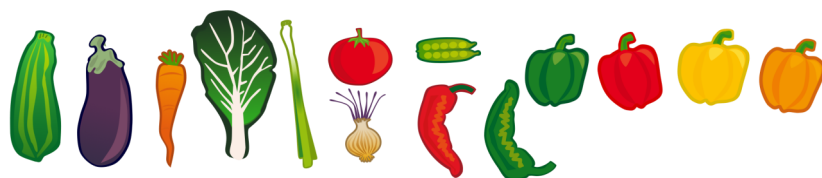
Grow the BEST Food!

By Dianne Plantamura

Planting a vegetable garden is rewarding, fun and delicious. Plant what you like to eat and get ready for the most tasty vegetables and fruits you've ever had. Supermarket produce won't ever taste as good again!

If you are new to growing your own food, start small. I recommend growing in 3 foot wide raised beds here in New England (allows for good drainage). A raised bed can simply mean mounding the soil higher than the aisles, or you can get fancy with purchased or hand made wooden beds or even use cinder blocks or any non-toxic material to hold the soil in place. Just don't use pressure treated wood or any other material that has impregnated chemicals.

Add organic matter (compost or aged manure) to your soil beds, about 2 inches to average garden soil or more if you think your soil is poor. It is worth getting a soil test from the UMass Extension Service (<http://ag.umass.edu/services/soil-plant-nutrient-testing-laboratory>), it's \$15 and you receive so much helpful information.



Ready to plant! This is the most exciting moment. You've purchased good quality young plants from a nursery and they're sitting in pots staring at you. Remember that those small tomato plants will get big, so space them about two feet apart. Ask any questions to the nursery staff! Try growing some low growing flowers, like alyssum, to attract beneficial insects and there'll be no need for chemicals.

Watch the weather, water only when necessary (deeply to establish strong roots), sit back and wait for the most delicious harvest.

p.s. you might need a fence if rabbits, woodchucks or deer are a problem. There's a new product called Plantskydd that supposedly deters these critters.

Buon appetito!

Dianne Plantamura is a Norfolk County retiree and a Massachusetts Master Gardener. Dianne has been growing much of her family's food for the past 30 years. She owes her love for growing food to her dad and her Italian heritage.



Spinach bed, early April. Believe it or not, spinach seeds are planted in early December, then covered with plastic and hoops.



The garden in April. Raised beds getting ready, spinach on the left, kale and broccoli in the back. Peas just coming up in the middle.

5 Reasons to Shop at your Local Farmer's Market

Shopping at a farmer's market is fun and offers many benefits. Here are 5 reasons why you should make the extra effort and buy locally grown and harvested produce, meat, eggs, cheese, honey, flowers, and more!

1. **Taste-** Freshly picked ripe fruits and vegetables are at the peak of their flavor and taste delicious. Compare a packaged supermarket tomato with a fresh native tomato.
2. **It's Smart Business-** By shopping

at a farmer's market you'll be directly supporting your local farming community and local economy.

3. **More Choices-** Where else can you find several varieties of eggplant and discover varieties of squash, greens and herbs that you've never tasted before.
4. **It's Healthier-** Freshly picked produce is often organic or grown without pesticides, it is never processed, there are no artificial ingredients or preservatives. You're more likely to eat more vegetables if they taste good and local farm grown vegetables taste better.

5. **They're fun-** Farmers markets often have a celebratory feeling about them. Some have live music, samples, freshly prepared foods and activities for children. Many farmers are also prepared to chat, answer questions, and share recipes.

Find A Farmer's Market Near You Click on the following links to locate a farm, farmers market, farm stand or CSA near you.

[SEMAP Farmer's Market Guide](#)
[MassGrown Map](#)

TIP: Snack on Fruits & Veggies:

- ⇒ Keep raw veggie sticks handy, such as green or red bell peppers, green beans, celery or carrots.
- ⇒ Carry dried fruit, such as raisins, dates or dried apricots, in your purse or pocket.
- ⇒ Have any type of fresh fruit: grapes, apple, banana, orange, kiwi, etc.
- ⇒ On hot days, munch on a bowl of frozen fruits or vegetables, such as grapes, peas or bananas.



Don't forget to eat your beet greens!

A one cup serving of cooked beet greens is an excellent source of vitamins A & K, potassium, magnesium, and calcium.

How Your Eating Habits Affect Your Health

Content Source- National Institutes for Health News in Health

A new study shows how the things you eat can influence your risk of dying from heart disease, stroke, or type 2 diabetes. The findings suggest ways to change your eating habits to improve your health.

Experts already know that a healthy eating plan includes vegetables, fruits, whole grains, and fat-free or low-fat dairy products. A healthy diet also includes beans, nuts, lean meats, poultry, fish, and eggs. It limits saturated and trans fats, sodium, and added sugars.

NIH-funded scientists analyzed how these 10 dietary factors affect your risk of death from heart disease, stroke, and type 2 diabetes. These are known as cardiometabolic diseases. The team relied on data from



the CDC's National Health and Nutrition Examination Survey (NHANES) and national mortality data.

The scientists found that risk of death from the 3 diseases was higher for those who consumed too much sodium, processed meat, sugar-sweetened beverages, and unprocessed red meat. **Risk of death was also higher among those who didn't eat enough nuts and seeds, seafood omega-3 fats, vegetables, fruits, whole grains, or polyunsaturated**

fats. According to the analysis, nearly half (45%) of deaths in 2012 from the 3 diseases was associated with too much or too little of these 10 dietary factors.

"This study establishes the number of cardiometabolic deaths that can be linked to Americans' eating habits, and the number is large," explains Dr. David Goff, a heart disease and public health expert at NIH. "Second, it shows how recent reductions in those deaths relate to improvements in diet, and this relationship is strong. There is much work to be done in preventing heart disease, but we also know that better dietary habits can improve our health quickly, and we can act on that knowledge by making and building on small changes that add up over time."

The Incredible Vegetable: Beets

You Can't Beat Beets!

Beets (greens and root bulbs) are nutrient rich and low calorie despite their sweetness. The bulb, super-rich in folate are a good source of fiber and potassium.

Beet roots can be ruby red, yellow, white and even striped. Check out your local farmer's market for different varieties.

Store beets in the refrigerator (separate the greens from the bulbs). The greens will last a day or two, the bulbs at least a week.

Beets can be eaten raw (try grated on your salad!), grilled, steamed, roasted, and pickled.

Beet Hummus Recipe

WholeFoodsmarket.com recipe

Serves 12

This delicious hummus gets gorgeous color and earthy flavor from cooked beets. Look for precooked beets in the produce department, or roast your own fresh beets.

Ingredients:

- 2 small (3-ounce) cooked, peeled beets, roughly chopped
- 2 (15-ounce) cans no-salt-added chickpeas, drained and rinsed
- 1/3 cup tahini
- 2 garlic cloves, chopped
- 1/4 cup lemon juice
- 1/4 teaspoon fine sea salt Pinch cayenne pepper

Method:

Combine all ingredients in a food processor and process until very smooth, 2 to 3 minutes, stopping occasionally to scrape down the sides of the bowl.

Attention MMHG Members: Check out your Insurance Provider's Online Wellness Resources

Blue Cross Blue Shield Members:

www.bluecrossma.com/ahealthyme

The ahealthyme website is your own personal wellness planner and resource for health information.

Create your own action plan:

- A health assessment that gives you a personal wellness score
- Self-paced workshops on topics like healthy eating and quitting smoking
- Nutrition and exercise trackers to keep you motivated

Learn about health your way:

- Read articles, tips and the Healthy Times newsletter
- Watch videos and listen to podcasts
- Take quizzes, risk assessments and more!

Whatever your health goals are— from losing weight to managing stress— ahealthyme can help get you there.

Harvard Pilgrim Members:

www.harvardpilgrim.org/wellnessaccount

Harvard Pilgrim's online wellness program offers you access to health resources, wellness workshops, tracking tools and more!

- Learn about important topics affecting your health
- Access preventative care guidelines
- See educational resources on condition and disease management including cholesterol, blood pressure, asthma, ADHD, depression, diabetes, cancer and heart health.
- Take a health quiz
- Look up health topics A-Z
- Check out health and wellness publications
- Search online resources via a web library
- Take a health questionnaire and learn your score

Visit www.harvardpilgrim.org/wellness for well being support based on where you are in life.

CONGRATULATIONS MMHG 2017 Spring Walking Challenge Raffle Winners!

\$50 Dick's Sporting Goods Gift Card:
Stacey Reed, Hanson

\$50 Target Gift Card: Pamela Cohen,
Whitman Hanson

\$25 Dick's Sporting Goods Gift Cards:
Julie O'Neill, Silver Lake * Bob Cameron, Hull

\$25 Stop and Shop Gift Card: Jonathan
Ridolfi, Hull

\$25 Target Gift Card: Ellen Murphy, Roch-
ester

\$20 Stop and Shop Gift Cards: Lucille
Carnival, Norfolk County * Karen Deshiro,
Silver Lake * Jim Arena, SSEC * Ella Adams,
West Bridgewater * Charlie Seelig, Halifax *
Anne Bowen, Marshfield

\$20 Target Gift Cards: Kevin Toppan,
Bridgewater * Mary Henricksen, Hull * Jen-
nifer Grasso, Pembroke * Erik Rousseau,
SRTA

Water Bottles: Jo-Anne Johnson, Hanover *
Bea Renaud, Rochester * Glenn Geiler, BAT *
Colleen Kelley, West Bridgewater * Thomas
Nee, Hanover * Jason Mills, West Bridgewater *
Sharon McCracken, Bristol County * Jamison
Shave Hanson * George Riddell, BAT * Jean Pitts,
Halifax * Judith Kelliher, Scituate * Chelsea Ste-
vens, Hanover

Top Ten Walkers:

Jodie Hurst, Abington
Fran Troy, Hull
Joseph Gamache, Hanson
Elizabeth Sloan, Hanson
Jody Lunn, Kingston
Lee Gamache, Hanson
Tahnya DiCroce, Hull
Deborah Kraver, Scituate
Marianne Christenen,
Pembroke
Barbara Welch, Wareham

Here are the 10 teams that logged the most miles:

TEAM NAME	TOTAL MILES
Hull	3750
Hanson	2791
Kingston	2692
Marshfield	1514
Scituate	1466
Hanover	1458
Pembroke	1453
So Shore Educational Collabora- tive	1357
Whitman Hanson RSD	1310
Abington	1198

These 10 teams recorded the highest average miles walked among participants:

TEAM NAME	AVG. MILES PER WALKER
Greater New Bedford RRMD	211
Hanson	186
Plymouth County	163
Scituate	162
Kingston	128
Brockton Area Transit	124
Abington	119
Hull	117
Wareham	117
Bristol County	107



Solve the MMHG Puzzle: Summer Fruit

Eating fruit provides health benefits. People who eat more fruit as part of an overall healthy eating style are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate. Focus on whole fruits—fresh, canned, frozen, or dried—instead of juice. The sugar naturally found in fruit does not count as added sugar. *ENJOY Nature's Bounty!*

Solve and return the completed puzzle to us no later than July 15th (be sure to include your name and email address) and you'll be entered in a random drawing to win a Wellness Goody Bag!!

Email—wellness@mmhg.org
 Mail—
MMHG
 PO Box 3390
 Plymouth, MA 02361
 FAX— 774-773-9403

Congratulations

to Nancy O'Reilly from Hanover. Nancy won a wellness goody bag for solving the "Hidden Sugar" word scramble puzzle in the winter/spring newsletter!

Healthy Tips for Eating More Fruit:

Keep visible reminders: Keep a bowl of whole fruit on the table, counter, or in the refrigerator.

Experiment with flavor: Buy fresh fruits in season when they may be less expensive and at their peak flavor. Use fruits to sweeten a recipe instead of adding sugar.

W Y R X Y C H E R R Y M A Y G
 E R W P Q R L T G Y C C R E O
 D R C O E P R A P X X R K T O
 Y E R A W A T E R M E L O N S
 E B G G N N C A B B Z C A E E
 N W W R J T S H K E I Q K L B
 O A K A U P A C E R U M Q R E
 H R M P B M A L P L F L L M R
 L T R E E L A A O X P T B U R
 J S R L B S Z T O U L P M L Y
 J R O G W H R H G F P Z A P R
 Y N E N I R A T C E N E F A Y
 V L G V N R C Z C Z I C E Q Z
 T A O F C U Y J C Q B P I O M
 G W V M B F O Z L I R T L Y K



Fresh Fruit with Granola? Yes, Please!

Thanks to Town of Rochester Wellness Committee member Kelly Smith for this awesome granola recipe. The Town of Rochester used MMHG wellness grant funds to create gorgeous granola jars which were shared with employees to celebrate spring wellness (see photos and credits at bottom of page).

Granola Recipe

- * 4 Cups Instant Rolled Oats
- * ¼ Cup Honey
- * ¼ Cup Maple Syrup (optional)
- * 1 ½ tsp Vanilla Extract
- * 1 Cup Chopped Walnuts (or Almonds or Pecans)
- * ¼ Cup Chia Seeds (or Flax Seeds)
- * ½ Cup Chopped Craisins (or other dried fruit)

Directions: Combine all ingredients on a cookie sheet, spread out flat. Bake at 350 degrees for 15 – 20 or until golden brown. Add any spices you may like for taste (cinnamon, cloves, turmeric, etc.)

- APPLE
- APRICOT
- BLACKBERRY
- BLUEBERRY
- CANTALOUPE
- CHERRY
- GOOSEBERRY
- GRAPE
- HONEYDEW

- MELON
- NECTARINE
- PEACH
- PEAR
- PLUM
- PLUOT
- RASPBERRY
- STRAWBERRY
- WATERMELON



Rochester— Granola Jars handmade by Amanda Baptiste & Cindy Mello & Kelly Smith

Serve with fresh berries and almond milk for a delicious breakfast or snack.

AMAZING Places to Walk!

Participants in the 2017 Spring Walking Challenge were asked to share photos of their favorite places to walk.

By Linda Cole

Well, for me that was a REAL challenge. Not because, I couldn't think of any favorite place to walk, but I could barely narrow it down to four places. The pictures that are contained herein, are some of my favorite local places to walk and I hope you get to visit them and enjoy them too.



Favorite Place # 1 Rose Kennedy Greenway, Boston

The Rose Kennedy Greenway in Boston (right across the street from South Station and the Commuter Rail) is a favorite spring through fall spot for me, and one of my kid's favorite summer day trips. You will be amazed at how much is going on along this 1.5 mile stretch of grassy parks along Atlantic Ave and High Street in Boston. Be sure to check out the carousel, the splash parks, the grassy maze, and hammocks. If you want to venture off the trail by a bit, you can visit the seals in front of the Aquarium or cross the road from the splash park to the North End.



Favorite Place #2 Norris Reservation, Norwell

A closer trip to home for us, and one of our favorites for picnicking on the river is the Norris Reservation in Norwell. These woody trails pass amongst 129 acres of land that crosses over foot bridges, has babbling brooks and features a boat house along the North River. The trails are nice and shady and good for the hotter days. A great place to walk alone, with the kids, or with your dogs.



Favorite Place # 3 World's End, Hingham

Who wouldn't want to go to World's End? A lovely day trip to this beautiful park in Hingham will take your breath away! Hang by the rocks on the lake, or climb the grassy hills to the top of the park and take in the beauty of Hull Harbor and the Atlantic Ocean. You can also walk down along the beach and collect shells. This park offers a little bit of something for everyone.



Favorite Place #4 Camp Kiwanee, Hanson

Nearest and dearest to my heart is the Camp Kiwanee Recreation area in Hanson. Camp Kiwanee was originally the summer property of a Boston Attorney and Copper Baron and the original house was built in 1906. He was known for his philanthropic ways. He in turn sold the property to the Campfire Girls of Greater Boston (who renamed it Camp Kiwanee) and in 1979 Campfire sold it to the Town of Hanson.

This beautiful recreation area boasts a swimming area, boating, cabins, a wedding facility (the main Needled Lodge) and lots of areas to explore. A quiet walk along the Maquan Pond and past the Needles Lodge can bring you back around to a bog that is part of the connected Bay Circuit Trail, which is a permanent recreation trail and greenway that extends through 37 Towns in Eastern Mass. A shorter easier walk could mean parking by the lodge and walking the paved path back out to route 58, while a longer more interesting path, might lead you through the woods and cabins, out to the Hanson Conservation area (formerly bogs) where you can pick up the Bay Circuit Trail.

Linda Cole is Assistant Treasurer for the Town of Halifax and member of the MMHG Wellness Committee.

We'll post other MMHG member's "Favorite Places to Walk" photos in the next newsletter. Share yours at wellness@mmhg.org!

Wow! Check out the exclusive local fitness coupons for MMHG members on page 8!



**Mayflower
Municipal Health
Group**

P.O. Box 3390
Plymouth, MA 02361
www.MMHG.org

**TRY THE Y
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MMHG employees are invited to visit any of our Old Colony YMCA locations for the day. Become a member and pay no joiner's fee!

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360 Franconia Corner Rd. Dartmouth, MA 02747 508-995-5600

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Members of Mayflower Municipal Health Group receive \$10 of monthly dues*

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*Valid on month-to-month individual membership dues for members of Mayflower Municipal Health Group. Must be age 18 and not be combined with other offers. Must present proof of MMHG membership.

**Be Healthier for Life at
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HANOVER, MA
1-800-505-5000

*Valid on month-to-month individual membership dues for members of Mayflower Municipal Health Group. Must be age 18 and not be combined with other offers. Must present proof of MMHG membership.

MAYFLOWER MUNICIPAL HEALTH GROUP CONSISTS OF THE FOLLOWING TOWN/GOVERNMENTAL UNITS:

~Abington ~ Bridgewater ~ Bristol County ~ Brockton Area Transit Authority ~ Carver-Marion-Wareham Regional Refuse Disposal District ~ Dartmouth Fire District No. 3 ~ Greater New Bedford Regional Refuse Management District ~ Halifax ~ Hanover ~ Hanson ~ Hingham ~ Hull ~ Kingdon ~ Marshfield ~ Norfolk County ~ North River Collaborative ~ Norwell ~ Onset Fire District ~ Pembroke ~ Plympton ~ Plymouth County ~ Plymouth County Retirement Association ~ Rochester ~ Rockland ~ Scituate ~ Silver Lake Regional School District ~ Southeastern Regional Transit Authority ~ South Shore Educational Collaborative ~ South Shore Regional Emergency Communication Center ~ South Shore Regional School District ~ Southfield Redevelopment Authority ~ Wareham ~ Wareham Fire District ~ Water Works (Abington-Rockland) ~ West Bridgewater ~ Whitman ~ Whitman-Hanson Regional School District ~

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