

Mayflower Municipal Health Group

Beneficial Wellness Newsletter

ISSUE 24

WINTER 2019

Important Information for MMHG Subscribers

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

- Change of address
- Divorce/Remarriage
- Medicare eligibility of yourself or of a dependent
- Marriage
- Birth/adoption/legal guardianship
- Dependent loss of status as a dependent (except for turning age 26)

Hot Topics:

- New- webinars!
- Sunshine Smoothies
- Acupuncture for pain management

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Connect with MMHG Wellness



MMHG Wellness Regional Zumba Class in Halifax

MMHG Wellness is an award winning program that provides its members educational resources including health information seminars, webinars, group exercise classes, incentive programs, online challenges and more.

MMHG Wellness also works directly with Mayflower Municipal Health Group member units to provide worksite wellness opportunities for employees (like creating employee gardens) through a grant program.

Here's a highlight of some of the upcoming MMHG Wellness programs beginning in March:

- ➔ 24+ webinars & regional seminars including special programming for Earth Month.
- ➔ 30 free regional Yoga & Zumba classes.

➔ Online MMHG/Wellable **Make your Way to 5K & Spring Step** Challenges. Win prizes!

➔ Eligible Blue Cross Blue Shield members (enrolled in active non Medicare plans) can earn a \$25 Target gift card in the **AHealthyMe** incentive during the months of March & April.

MMHG Wellness is a part of your health insurance benefits. Connect with MMHG Wellness by signing up for email updates- ask your spouse to sign up too!

Visit www.MMHG.org and click on the **Wellness tab** for the most updated calendar of events.

Free Regional MMHG Wellness Event

“Everything You Want To Know About Municipal Retirement”

(& what you can do to plan for a Healthy Retirement)

Thursday, April 11, 2019

5:00- 6:30 P.M.

Halifax Town Hall

For program flyer & registration information go to www.mmhg.org or call 774-773-9306.

Sign up to receive email updates from MMHG Wellness and you'll be entered in a raffle to win one of six \$25 gift card vouchers (choose from over 100 vendors). Spouses are encouraged to sign up for email updates!

To sign up, send an email to wellness@mmhg.org or clip this form and return by mail to:

**MMHG Wellness
PO Box 3390
Plymouth, MA 02361**

NAME:

EMAIL ADDRESS:

MMHG MEMBER UNIT:

(Please print all information clearly)

To be entered in raffle, sign up for MMHG Wellness email updates now through April 30, 2019. Raffle will be held on May 1, 2019. Winners will be notified by email and announced in the next issue of the Mayflower Municipal Health Group Beneficial Wellness Newsletter.

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

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

Using Limited Service Clinics & Urgent Care Centers

To check if your health plan covers service from your location of choice, or to see if you need a referral, call the member service number on the front of your health insurance card.



Attention Blue Cross Blue Shield Members: Blue Care Line Benefit

When does your child's slight fever become a serious fever? How can you tell the difference between a sprained ankle and a broken one? Should you be applying ice or heat?

Wouldn't it be nice to have a medical professional available at any time to offer help with questions like these? Now you can, just by picking up the phone and calling the Blue Care Line toll-free at 1-888-247-BLUE (2583).

With the Blue Care Line, you can speak with a registered nurse 24 hours a day, 7 days a week. Experienced professionals are always available to offer you expert answers to your questions. Simply explain the situation, detail your symptoms, and a nurse will tell you whether you should see your doctor, go to the emergency room, or care for yourself at home.

Choices for Quality Care

You should always go to the nearest emergency room in a life-threatening situation. However, for other situations, including urgent care, you have options that can save you both time and money.

Limited Service Clinics:

These are clinics located within your local pharmacy, like the CVS Minute Clinic. These convenient locations treat simple medical conditions like cold/flu, strep throat, ear infections, diarrhea, pinkeye, gout, seasonal allergies, and sinus infections.
Hours: Days, Evenings, Weekends
Relative Cost: \$\$

Urgent Care Centers:

These are local stand-alone clinics, like Health Express and CareWell. These locations treat conditions that aren't life threatening but require immediate attention, like broken bones, sprains, minor burns and injuries, and short-term (acute) illnesses.
Hours: Days, Evenings, Weekends
Relative Cost: \$\$

Emergency Room:

Go to the emergency room when you need full hospital service for severe symptoms like possible heart attack,

stroke, poisoning, loss of consciousness, and severe injury that could severely jeopardize your health or the health of another (like an unborn child).

Hours: 24/7
Relative Cost: \$\$\$\$\$

Important: Unless it's a true emergency, it's always best to call your doctors office first, even after hours. You may be able to speak to the on-call nurse or doctor who can provide advice based on your medical history. They may want to see you or suggest alternatives to the emergency room.



Blue Cross Members- Meet the MYBLUE Member App

Check out this easy-to-use **newly updated** tool that gives **BCBSMA** members a convenient, secure way to manage their health care. With a couple of clicks, members can:

- **Get access to an interactive ID card, and email a copy of it to their doctor**
- **Direct dial important phone numbers, like Member Services**
- **Review recent claims, doctor visits, and prescriptions**
- **Find nearby doctors, dentists, and hospitals**
- **View information for dependents under 18 and more**

Download the app at no cost from the [App Store](#) or [Google Play](#).



Harvard Pilgrim Members- Get HPHConnect-ed

By downloading the free *HPHConnect* app you'll have direct access to your personal account login screen. You'll be just a few clicks away from the following features:

Provider search

See a list of your providers or search for a provider by current location or zip code

Benefits and eligibility

View your member information, including member ID # and PCP, as well as real-time deductible and out-of-pocket limit amounts used

Personal health record

See information on visits, procedures, immunizations, illnesses and conditions, medication profile, allergies and health tracker

Download the app at no cost from the [App Store](#) or [Google Play](#).

Harvard Pilgrim offers Telemedicine as a standard benefit for all HMO 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 receive care for certain conditions without needing to travel to a provider's office or urgent care center.

Here's a link for more information:

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

BREAKING NEWS FOR BLUE CROSS BLUE SHIELD MEMBERS:
Effective July 1, 2019. Telemedicine will be available on all HMO/PPO plans



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.

Saving Money at the Pharmacy

High prescription drug prices raise your healthcare premiums and your out of pocket medical expenses. Even if you're fortunate to have good prescription drug coverage, the copays can really add up. Here are a few ways you might be able to save money on your medications:

MMHG CanaRx Prescription Drug Program

⇒ If you are taking brand name drugs and enrolled in an active, non-Medicare plan with MMHG, you might be able to get a 3 month supply of your medication with **no copay!** Visit www.mmhgRx.com to find out more.

Talk to Your Doctor

- ⇒ If your Doctor prescribes an expensive brand name drug, ask if there's a generic drug available or a similar drug which is less expensive.
- ⇒ Ask your Doctor about lifestyle changes that you can make now to improve your health in the future and reduce your need for medications.

Be a Savvy Consumer.

- ⇒ Compare prices at pharmacies in your supermarket, retail stores, online, and through your health plan's prescription mail order benefit.
- ⇒ Ask your pharmacist for the cash price vs. the copay price for medications and for ways you can reduce pharmacy spending.
- ⇒ Use apps and websites (like GoodRx or Rx Saver) which finds the least expensive price on your prescription near you.

Talk to S.H.I.N.E.

- ⇒ If you're a senior and having trouble paying your health insurance premiums or prescription copays, you may be eligible for assistance. Contact **S.H.I.N.E.** (Serving the Health Information Needs of Elders) at (800) 243-4636 and press 3 or press 5 if calling from cell phone. TTY (877) 610-0241.

Save \$35- \$65 per month on your brand name prescription drug copay!

CanaRx Prescription

Drug Program

Wow- Get your brand name prescriptions with no copays!

Did you know that the MMHG offers to non-Medicare HMO and PPO (BCBS & HP) members a cost saving international mail order drug program for brand name prescriptions— with no copays? The program is administered by CanaRx and does not replace your current prescription drug plan.

Visit www.MMHGRx.com to learn more!

\$ Smart Shopper Rewards Program \$

Eligible BCBS members enrolled in active non— Medicare plans can earn up to \$250 when they shop for certain health services (like colonoscopy or mammography) in an effort to choose a high quality lower cost provider. For details go to www.mmhg.org "What's New" & look for the "Smart Shopper" link.

Your Wallet & Your Health

By Nicole Bonomi

We all know that feeling at the grocery checkout when the cashier tells you that your groceries cost \$200 and you know you'll be back in a couple of days to buy more. Health is wealth, we hear this all the time, but it's hard to raise healthy families when an apple costs more than a candy bar.

Eating healthy may seem expensive- fruits, vegetables, fish, nuts, and whole grains can be pricier than processed foods, refined grains and some meats. But, if you are committed to eating healthy and reaping the rewards, like feeling better and lower health care costs in the long run, it is possible to eat well on a budget. Sure, it will require some extra planning and discipline, but you can do it!

Here are a few practical money saving tips to get you started:

- Budget per month, but plan per week
- Shop around, look for sales, meal plan accordingly.
- Buy fruits & vegetables that are in season. Plant a garden this summer!
- Love your leftovers & pack your lunch.
- Stock up on frozen fruits & vegetables.
- Keep an organized refrigerator & pantry to reduce waste & inspire you. Keep a list on the refrigerator.
- It's almost always cheaper (and healthier) to cook at home- *eat out less!*
- Use coupons- instore, online and apps.

Nicole works for the Plymouth County Retirement Association and is the Vice Chairperson of the MMHG Wellness Committee. She is passionate about health & wellness and is a part time health coach & yoga instructor within the local community.



Sunshine Smoothie **Recipe**

This light & fresh smoothie is healthy, easy on your wallet and will definitely brighten your day!

Serves 2

- 1 cup cubed frozen mango
- 1 small orange or clementine, peeled and seeded
- 1 ripe banana sliced
- 1/3 cup yogurt or almond milk
- For a nutrient boost, add a handful of baby spinach or kale (optional)

Combine all the ingredients in a blender. If too thick add more yogurt/almond milk. Blend until smooth and creamy. Enjoy!



Solve and return the completed puzzle to us no later than April 30th (be sure to include your name and email address) and you'll be entered in a random drawing to win a \$25 Gift Card!!

Email-
wellness@mmhg.org
Mail-
MMHG
PO Box 3390
Plymouth, MA 02361

CONGRATULATIONS

to **Christine Richards** from Plymouth County. Christine won a wellness goody bag for solving the "Spice it Up!" word scramble puzzle in the fall newsletter!

Healthy Tip:

The American Heart Association recommends eating about 4 servings of unsalted nuts per week for heart health. A serving is a small handful (1.5 ounces) or 2 Tablespoons of nut butter.

Solve the MMHG Puzzle- Nuts About Nuts!

Did you know? Nuts are high in heart healthy fats, protein and fiber. They provide essential nutrients including folate, vitamin E, minerals like calcium, iron, zinc, potassium, magnesium, antioxidant minerals (selenium, manganese and copper), plus other phytochemicals such as antioxidant compounds (flavonoids and resveratrol) and plant sterols.



ALMONDS
BRAZIL NUTS
CASHEWS
HAZELNUTS
MACADAMIAS

PEANUTS
PECANS
PINE NUTS
PISTACHIOS
WALNUTS

Quick Tips

- ◆ Nuts can be expensive, save money by shopping in bulk, look for sales.
- ◆ Prevent nuts from going rancid by storing them in an air tight container in the freezer. Store nut butters in the refrigerator.
- ◆ Although the peanut is technically a legume, the nutritional composition of the peanut is close to that of tree nuts, and there is research showing that peanuts have similar heart health benefits.
- ◆ Nuts can be part of a healthy diet to maintain or even lose weight, as long as your overall calorie intake does not increase. Try eating a handful of nuts as a substitute for less healthy foods such as cookies and cakes.
- ◆ Please be mindful of Nut-Free Zones!



Nutty Snack Ideas:

- ◆ Make you own trail mix with dried cherries, cashews, dark chocolate chunks & wholegrain cereal
- ◆ Stuff a pitted medjool date with a brazil nut
- ◆ Spread almond butter on whole grain toast, add sliced banana
- ◆ Top apple slices with freshly ground peanut butter
- ◆ Sprinkle chopped macadamias & coconut flakes on pineapple chunks
- ◆ Add toasted pecans & blueberries to yogurt
- ◆ Mix walnuts, raisins & oats in the food processor, shape into energy balls



MAKE YOUR WAY TO 5K CHALLENGE

Get moving this Spring and win prizes! March 18th- May 5th

Setting a goal and then working towards it is a fun and effective way to get fit and feel a sense of accomplishment. The online **MMHG Wellness Make Your Way To 5K Challenge**, scheduled to begin on March 18th, follows a seven-week training schedule, designed to prepare you to complete a 5-kilometer race (3.1 miles).

Whether you choose to walk or run, you will be able to track your activity through the online MMHG/Wellable portal and work towards achieving a weekly point goal that will automatically enter you in weekly raffles and the grand prize drawing.

We'll offer encouragement along the way and host voluntary workshops that you can attend to help you reach your goal. For extra motivation, sign up for the 5K of your choice or join team MMHG Wellness to

walk or run at Evan's Run 5K Race in Norwell on May 19, 2019!

For challenge details, prizes, and to register visit www.mmhg.org and click on the wellness tab.

Challenge is free and open to all MMHG member unit employees, their spouses, and dependents age 18+.

Have you Tried Acupuncture?

Content Source: aHealthyMe.com

Acupuncture is a form of traditional Chinese medicine that has been practiced for centuries. It's based on the theory that energy, called chi ("chee"), flows through and around your body along pathways called meridians.

Acupuncturists believe that illness occurs when something blocks or unbalances your chi. Acupuncture is a way to unblock or influence chi and help it flow back into balance.

Acupuncture is done by putting very thin

needles into your skin at certain points on your body (most people find that it doesn't hurt). This is done to influence the energy flow. Sometimes heat, pressure, or mild electrical current is used along with needles.

Some people use acupuncture to relieve pain, such as low back pain, or to manage chronic pain from osteoarthritis, headaches, or neck problems.

In general, acupuncture is safe. Look for a certified provider, licensed by the state. A state license ensures that the provider has a certain level of training and follows certain

guidelines. Ask your doctor if acupuncture might be right for you.

All MMHG HMO/PPO health plans provide benefits for acupuncture, for details contact member services:

**Blue Cross Blue Shield MA:
1-800-782-3675**

**Harvard Pilgrim:
(888) 333-4742**



ATTENTION!!! Medex subscribers will have Acupuncture benefits beginning July 1, 2019!

Online Wellness Resources for BCBS & HP Members

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, listen to podcasts

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!

- 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 questionnaire
- Look up health topics A-Z
- Check out health and wellness publications
- Search online resources via a web library

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



MMHG Wellness- Upcoming Programs

Here's a listing of scheduled events beginning in March, including new "Lunch & Learn" Webinar options, that you can connect to using your computer, tablet, or smart phone. If you can't make a live webinar, we'll post a recording of it as soon as it's available at www.MMHG.org.

For event details, registration instructions, and new & additional programs go to www.MMHG.org and click on the "Wellness" tab to view the wellness calendar. Most MMHG Wellness programs are FREE and open to employees, retirees & dependents of MMHG member units. Questions? Send an email to wellness@mmhg.org or call 774-773-9306. Please note that schedules and events are subject to change.

Webinars:

- ◇ March 14th 12:00-1:00 P.M.
Webinar: Smart Nutrition for Busy Professionals
- ◇ March 21st 12:00-1:00 P.M.
Webinar: The Power of a Plant Based Diet
- ◇ March 26th 12:00-1:00 P.M.
Webinar: Salt & Sugar- What you Need to Know
- ◇ April 11th 12:00-1:00 P.M.
Webinar: Ergonomics
- ◇ April 30th 1:00-2:00 P.M.
Webinar: Inflammation Busters- the Key to Disease Prevention
- ◇ May 2nd 12:00-1:00 P.M.
Webinar: Diabetes & Your Diet
- ◇ May 9th 12:00-1:00 P.M.
Webinar: Recipe Renovation
- ◇ May 21st 12:00-1:00 P.M.
Webinar: Nutrition for Kids & Healthy Family Meal Planning
- ◇ June 6th 12:00-1:00 P.M.
Webinar: Fitness Trends Unveiled
- ◇ June 18th 1:00-2:00 P.M.
Webinar: Go Global- Superfoods from Around the World

Group Exercise Classes:

- ◇ March 5, 12, 19, 26 April 2nd, 9th 4:30- 5:30 P.M.
Yoga: 6 Week Series
North River Collaborative Conference Center, Rockland
- ◇ March 20, 27, April 3,10, 24 May 1st 4:30- 5:30 P.M.
Zumba: 6 Week Series
Bridgewater Town Hall, Bridgewater
- ◇ May 1,8,15,22,29 June 5th 4:30- 5:30 P.M.
Yoga: 6 Week Series
Silver Lake High School, Kingston
- ◇ May 1,8,15,22,29 June 5th 5:00- 6:00 P.M.
Zumba Toning: 6 Week Series
Reed Community Building, Kingston
- ◇ May 2,9,16,23,30 June 6th 4:30-5:30 P.M.
Yoga: 6 Week Series
Bridgewater Town Hall, Bridgewater

Cooking Demos/Classes:

- ◇ April 4th 4:30-5:30 P.M.
Earth Month Cooking Demo: Blues Zones & Plant Based
Marshfield Town Hall, Marshfield
- ◇ May 16th 5:00-6:00 P.M.
Cooking Demonstration: Meal Planning & Healthy Cooking on a Budget
MMHG Offices Cordage Park, Plymouth
- June 13th 5:00-6:00 P.M.
Cooking Class: BBQ Sides, Sauces & Main Courses
MMHG Offices Cordage Park, Plymouth

Workshops & Seminars:

- ◇ March 13th, April 10th, May 1st
Workshops: Make Your Way to 5K Challenge Meetings
Hanover Town Hall, Hanover
- ◇ March 14th 4:30- 5:30 P.M.
Seminar: Taking Care of Aging Parents
Hanover Senior Center, Hanover
- ◇ March 21st 5:00-6:00 P.M.
Seminar: To Supplement or not to Supplement?
West Bridgewater Town Hall, West Bridgewater
- ◇ April 3rd 5:00-6:00 PM
Earth Month Workshop: Keeping A Green Home
Silver Lake High School, Kingston
- ◇ April 11th 5:00-6:30 P.M.
Seminar: Healthy Municipal Retirement
Halifax Town Hall, Halifax
- ◇ April 22nd 5:00-6:00 P.M.
Earth Day Workshop: Home Made Beauty
Whitman Hanson High School
- ◇ April 24th 5:00-6:00 P.M.
Earth Month Workshop: Spring Planting (Seed Time)
MMHG Offices, Cordage Park, Plymouth
- ◇ May 9th 5:00-6:00 P.M.
Workshop: Spring Step Challenge Kick-Off
Halifax Town Hall

Challenges:

- ◇ March 18th - May 5th
Online Challenge: Make Your Way To 5K
- ◇ May 13th - June 9th
Online Challenge: Spring Step Challenge



In the
Spotlight

By **Charlie Seelig,**
Halifax Town
Administrator



Back in 2017, I ran a race in Providence which included a group of runners wearing "Run 169 Towns Society" shirts. Their goal was to run a road race in each of the 169 cities and towns in Connecticut. Inspired, I thought about creating a similar challenge for myself.

After considering the logistics, I decided to challenge myself to run a road race in every city and town in Plymouth and Bristol Counties in 365 consecutive days for a total of 47 races. It was doable, though it would require some careful coordination, including weekends with races scheduled on both days. I began my challenge on May 20, 2018, with the Hops for HOPS 5K in Halifax and continued from there.

I haven't done any specific training; I just try to get out on a regular basis for runs. My pace is slower than it was a few years ago, but my intent has been to run these races at my own pace. Since the majority of the races on my schedule have been 5Ks, most of my training runs have been that length.

Ergonomic Workspace- 3 Tips



Content source: aHealthyMe.com

Many ergonomic problems associated with computer workstations occur in the forearm, wrist, and hand. Continuous work on the computer exposes soft tissues in these areas to repetition, awkward postures, and forceful exertions.

Here are a few adjustments you can make to your workstation to help prevent the development of an ergonomic problem in the upper extremities:

- Adjust keyboard height so shoulders can relax and allow arms to rest at sides.

MMHG Wellness Spotlight

I've run into a few problems over the past year, including mild anemia (which slowed me down) and a knee injury from a ½ marathon in Swansea that caused me to miss a 5K a couple of weeks later. I've had to adjust my race schedule along the way.

As you can imagine the logistics of scheduling races in so many communities has been tricky. I've run three races in four days, and there was a period in November when I ran six races in sixteen days. My times have not been as important as getting out there and participating. Aside from the actual logistics, any good runner could do it.

While most of the races have been on roads, I've run races on the beach (in Hull), through bogs (in Wareham), and through the woods (in Dartmouth). I even ran with a couple of hundred Santas in New Bedford.

And it's been fun! I've visited historic fishing villages, downtowns, rural landscapes, subdivisions, flats, hills - they all look quite different when you are running by them instead of driving by. And every race has a story. Perhaps it is in honor of a specific individual. Some others are for worthy causes. Some of them have been run for so many years and are so popular that they've become major annual events in those communities.

As it turns out, I might not be able to meet my initial goal. The trail race in Freetown that I hoped to run in April has been discontinued and as far as I know, there are no other races in that community. I had planned to run in Hanson in late October, but my knee injury prevented that. There remains the possibility that there will be a race in early May in that town, so I'll see what happens. Even without those two, I should be able to make it to 45 races.

There's nothing official about what I set out to do. My goal was to set a specific task and to try and accomplish it *for myself*. Maybe your goal is to run your first 5K or walk it with your grandchildren. Maybe you want to exercise regularly, eat better, or manage stress in a more positive way.

There are wellness programs run by the MMHG and in your community that can help you accomplish your goals. Take advantage of them. Allow yourself to be inspired. Every step (no matter how you define a "step") is, in a way, a first step towards your goal. ~



What inspires you to be healthy or to make a healthy change? Do you have a wellness story to share?

Please let us know.

Email: wellness@mmhg.org

Phone: 774-773-9306

Did You Know?

Your Blue Cross Blue Shield of Massachusetts or Harvard Pilgrim health plan can save you up to \$300 annually in qualified health club membership fees. For more information on your fitness benefit and weight loss benefits/ discounts visit www.MMHG.org and click on the Wellness tab.

Find MMHG Wellness on Facebook!

Follow us for healthy tips, event schedules, "Meatless Monday" recipes, motivational quotes, healthy inspiration and more!

Free MMHG Wellness Webinar: Ergonomics

**April 11th
12:00- 1:00 P.M.**

For registration details check the wellness calendar at www.MMHG.org (click on the wellness tab)

**Check out back page for exclusive coupons available to MMHG members.
More coupons available at www.MMHG.org.**





Mayflower Municipal Health Group
 www.MMHG.org P.O. Box 3390 Plymouth, MA. 02361

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Bridgewater ~ Brockton Area Transit Authority ~ Carver-Marion-Wareham Regional Refuse Disposal District ~ Dartmouth Fire District No. 3 ~ Greater Attleboro Taunton Regional Transit Authority ~ Greater New Bedford Regional Refuse Management District ~ Halifax ~ Hanover ~ Hanson ~ Hull ~ Kingston ~ Marshfield ~ Norfolk County ~ North River Collaborative ~ Onset Fire District ~ Pembroke ~ Plympton ~ Plymouth County ~ Plymouth County Retirement Association ~ Rochester ~ 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 ~ West Bridgewater ~ Whitman ~ Whitman-Hanson Regional School District ~

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For Employees of Mayflower Municipal Health Group Member Units

OUTH SHORE YMCA - EMILSON BRANCH 75 Mill Street, Hanover, MA 781-829-8585



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 360 Faunce Corner Rd. Dartmouth, Ma 02747 508-995-5600

When you bring this coupon to your local club.



Free 14-Day Family Trial Membership

ship

Mayflower Municipal Health Group

Includes two adults and their children under age 22.
 First time members/guests only. Valid photo id required.
 16 Aldrin Rd. Plymouth, MA
www.plymouthfitness.com 508-746-7448



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\$0 ENROLLMENT

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