

Beneficial Wellness Newsletter

Autumn To-Do: Register for MyBlue

Hot Topics:

Solve the MMHG Wellness Puzzle **Wellable On-Demand Classes** on page 9 for a chance to win a raffle prize!

Webinar Recording Ergonomics 101

Watch [HERE](#)

Important Information for all 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)



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Eligible MMHG BCBSMA members that register for MyBlue in October & November earn a \$25 Amazon gift card!

Getting to know your health plan allows you to get the most out of your health insurance. MyBlue is a personal portal for BCBSMA Members that help you easily manage your Blue Cross and Blue Shield health plan. Check out what you can do with MYBlue. ➡

Incentive Details

Register for MyBlue between October 1st–November 30th 2025 and receive a \$25 Amazon gift card. In order to be eligible to participate and earn a gift card, you must be a Mayflower Municipal Health Group subscriber or spouse enrolled in an active BCBSMA plan and registering for MyBlue for the first time. Dependent children and MMHG Medicare plan subscribers are not eligible to participate in the incentive program.

Gift card will be mailed to your address on file with BCBSMA, and may take up to 12 weeks to arrive. *MMHG reserves the right to cap gift card awards at the amount budgeted for the incentive program.*

With MyBlue you can

- View your plan and coverage details
- Find information about your benefits and personalized services
- Find in-network doctors and providers
- View your member ID card
- Download and use your digital Blue Cross ID card, and add it to your wallet through the MyBlue app
- Review claims and statements for accuracy
- Access tools and resources designed to help you save money and live healthier
- Connect with a 24/7 nurse line or use online symptom checkers
- And more!!

Register for MyBlue

Visit bluecrossma.org and click on "Create an Account Today" You can also download the MyBlue mobile app for instant access on-the-go. For more information visit

www.bluecrossma.org/myblue/myblue-app

Flyer: <https://www.mmhg.org/sites/g/files/vyhliif1086/f/uploads/>

MMHG Wellness

October 6th- November 16th

Win Raffle Prizes!



This team-based activity challenge is a great way to get motivated to move more! Become happier, healthier, and more energized by recognizing the benefits of everyday activity.

More information [HERE](#)

It's not too late to join!

Healthcare IQ : How to be a Savvy Consumer

Important Information for Medicare Plan Subscribers & Dependents:

*State law requires retired subscribers (and their dependents) to enroll in Medicare Parts A & B when eligible and transfer to a Medicare plan to continue coverage with MMHG (receiving retirement allowance attributable to employment with MMHG governmental unit).

*You must continue to pay your Medicare Part B premium in order to remain eligible for health insurance coverage with MMHG. Failure to pay your Part B premium will result in the loss of your Medicare benefits and cancellation of your health insurance with MMHG.

*Medicare Plan subscribers DO NOT enroll in another Part D plan without checking with your benefit coordinator first. Enrolling in another Part D plan could automatically cancel your coverage in your current MMHG plan.

*If you are a Massachusetts resident on Medicare with limited income, you may qualify for help paying your Medicare costs through Medicare Savings Programs. Visit <https://www.mass.gov/info-details/get-help-paying-medicare-costs> for more information or call: MassHealth Customer Service: (800) 841-2900, TDD/TTY: 711 SHINE Counselor: Call MassOptions at (800) 243-4636, TTY/ASCII (800) 439-2370



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.

The ABC's of Health Insurance for Retirees

Health insurance is complicated and the ability to understand it's terminology is key to making good decisions about your health plan and medical care. Here are a few definitions of common terms. Find additional definitions of health insurance terms in future newsletters and at <https://www.bluecrossma.org/myblue/glossary-of-terms>.

Attention Retirees:

November 1st– December 1st is open enrollment for Medex 2/Blue Medicare RX (PDP) and BCBS Medicare PPO Blue FreedomRX subscribers with an effective date of January 1st— check your mailbox or email for important information from your benefit coordinator.

- **Medicare:** Title XVIII of the Social Security Act that provides payment for medical and health services to the population aged 65 and over regardless of income, as well as certain disabled persons, and persons with end-stage renal disease (ESRD).
- **Medicare Advantage:** A comprehensive health benefits plan available to Medicare-eligible individuals, and administered by privately-held health insurance companies who contract with Medicare. The Medicare PPO Blue Freedom RX plan is a Blue Cross Blue Shield of MA Medicare Advantage plan.
- **Medicare Part A:** Hospital insurance provided by Medicare that can help pay for inpatient hospital care, medically necessary inpatient care in a skilled nursing facility, home health care, hospice care, and end-stage renal disease treatment.
- **Medicare Part B:** Medicare-administered medical insurance that helps pay for certain medically necessary practitioner services, outpatient hospital services, and supplies not covered by Part A hospital insurance of Medicare coverage. Doctors' services are covered under Part B even if they're provided to a member in an inpatient setting.
- **Medicare Part D:** A prescription drug benefit for Medicare-eligible individuals. Medicare Part D prescription coverage may be purchased from Medicare-contracted companies, or benefits equivalent to Part D may be included within a Medicare Advantage plan.
- **Medicare Supplement:** A private health plan that supplements Medicare coverage. Also known as a Medigap policy. Blue Cross Blue Shield of MA' Medigap policy is called Medex.

Resources:

Social Security Administration (SSA): 1-800-772-1213 <https://www.ssa.gov/>

Centers for Medicare & Medicaid Services (CMS): 1-800-Medicare

<https://www.medicare.gov/>

Mayflower Municipal Health Group: 774-773-9306 www.mmhg.org

4 Viral Wellness Hacks Worth Trying

If you spend any time on social media, you have probably seen wellness trends popping up everywhere. Some are backed by solid research, while others are...let's say, more questionable. In honor of World Mental Health Day in October, we looked at popular wellness trends and found a few that are actually worth trying this month.



Floor Time

You may have scrolled past TikToks of people just lying on the floor. That's the trend called "floor time," and it is worth a try. It encourages stillness and taps into the parasympathetic nervous system, helping lower stress and soften the fight-or-flight response. Feeling the floor beneath you is grounding, pulling you into the present moment. Floor time can realign your spine, ease tension, and improve breathing. Many people find that even five minutes can feel like a physical reset button.

The Car Sit

People are raving about stealing moments of quiet alone time, just sitting parked in their vehicle – often while in their own driveway. You don't actually need a car to try this; it's less about the location and more about carving out a bubble of unpressured space where you can pause and decompress. It can serve as a soft transition between "work mode" and "home mode," or it can just offer a much-needed break in the day.

Sigh It Out

The psychological sigh is a small but mighty tool that comes straight out of research on stress relief. It involves taking a deep inhale through your nose, followed by a second, shorter inhale before exhaling slowly through your mouth. Just one or two rounds can have an immediate calming effect on the nervous system. It's especially helpful during moments of high tension when you need quick relief.

Acupressure "Light"

Emotional Freedom Technique, or EFT, is another trending method for easing stress. It involves gently tapping pressure points on the face, chest, or hands while focusing on a calming thought or intention. Tapping is surprisingly effective at sending calming signals throughout the body. You can follow sequences you find online or simply tap wherever it feels helpful. Either way, EFT can become a go-to practice for releasing physical and mental tension in stressful moments.

Here's a sample of some of the virtual MMHG Wellness programs that can be easily accessed using your computer, tablet, or smart phone. MMHG Wellness programs are FREE and open to employees, retirees & dependents of MMHG member units. Visit www.MMHG.org/Wellness for a complete schedule of events and description with registration details.

Ongoing

Wellable On Demand Fitness FREE 24/7 access to professionally filmed fitness classes & more

Learn to Live Free & confidential online mental health program

Savory Living 12 session online, evidence-based, healthy eating food as medicine program. FREE spots available.

EX Program FREE online smoking cessation program

Webinars

Finding Hope & Healing in the Face of Trauma 10/17, 12-12:30 p.m. and 10/28, 1-1:30 p.m.

Nutrition for a Healthy Immune System 10/22, 1-1:30 p.m.

Art & Science of Awareness 10/29 and 11/12, 1- 1:30 p.m.

Gourds! 11/5, 1-1:30 p.m.

Harvard Pilgrim Free Virtual Fitness Classes & Webinars:
<https://point32health.org/livingwell>

LEARN TO LIVE BULLETIN

Your guide in wellness & mental health

When the Holidays Intensify Loneliness: Finding Meaningful Connection



You may find yourself scrolling through photos of other people's holiday gatherings, wondering why joy and togetherness seem to come so easily to everyone else. Maybe you've lost someone dear this year, or certain friendships have faded, leaving you feeling more isolated than ever. The end of the year often magnifies these emotions – research shows more than half of Americans feel sad or lonely during the holiday season. However, there are ways to ease these feelings of isolation and nurture meaningful connections.

When feelings like loneliness hit, our thoughts can often spiral into unhelpful patterns. Learning to recognize these thought patterns - what we call Automatic Negative Thinking Traps or ANTs - is an important first step toward escaping the spiral. Take note of some ANTs that can commonly show up during the holiday season: Feeling Makes Fact is where we feel something so strongly, we believe it must be true. Our feelings of loneliness and isolation may be so intense that we believe it's our permanent truth. All-or-Nothing Thinking is where we think in extremes. This might sound like, "Spending the holidays alone means I'm a failure at relationships" or "If we can't keep our traditions, then the holidays are ruined." This doesn't allow for the reality that you can feel lonely and still have meaningful connections. Focus Only on the Bad is where we focus only on the negative parts of a situation. Thoughts like "Nobody reached out to me today" might show up, while ignoring that your sibling called yesterday and your neighbor came over to help you carry your groceries inside.

When you notice unhelpful thoughts, pause and ask: Is there an ANT showing up here? Does this thought have any evidence behind it? This quick check can help us recognize when our thoughts are intensifying our feelings of loneliness so we can step away from the thinking trap rather than getting stuck.

We can also look at taking steps to directly address feeling more connected. Behavioral Activation is an approach that focuses on engaging in meaningful activities. Think about the ways you may be able to connect with others - big or small. Maybe you send one text to someone you haven't connected with recently or ask a family member to grab coffee with you. Maybe what you're really hoping for is new connections. You could try attending a community event, join a club of interest, or volunteer for an organization that aligns with your values.

The next time you find yourself alone feeling like the world is celebrating around you, remember that you have tools to respond differently.

Get Started Today

You can learn more about the tools introduced here in Learn to Live's Depression program or you can learn more about your overall mental health and wellbeing needs by taking a quick mental health assessment. Do this by visiting learntolive.com/partners and enter access code **MMHG**. Learn to Live is available to you and your family members, ages 13 and older at no cost.

Glow-Up Your Fall and Winter (Literally)

Fall and winter can feel cozy, but the early darkness can also make energy dip and moods drop. As the days get shorter and the evenings stretch longer, it's natural to crave warmth and brightness.

Across cultures and faiths, light has long been a symbol of hope, connection, and renewal. From October through December, many communities mark this season with holidays that use light in meaningful ways. While each tradition is unique, together they remind us that even in darker months, we can create moments of brightness in our own lives. Here are just a few examples of how different traditions honor light during the fall and winter season:

Diwali: The Festival of Lights celebrates the triumph of light over darkness with oil lamps and colorful rangoli designs.

Halloween: Lanterns and glowing pumpkins brighten doorsteps and add a playful glow to evenings.

Día de los Muertos: Candles honor loved ones who have passed and light the way for remembrance.

Advent: Candles are lit each Sunday to mark reflection and anticipation leading up to Christmas.

St. Lucia's Day: Candle crowns and lights celebrate hope during the long nights of winter.

Hanukkah: Eight nights of candle-lighting on the menorah bring warmth, reflection, and community.

Winter Solstice: The year's longest night is honored with bonfires, lanterns, or candles to welcome renewal.

Christmas: From twinkling trees to luminaries along walkways, decorative lights shine throughout the season.

Kwanzaa: Candles are lit over seven nights to represent the principles of unity, reflection, and community.

New Year's Eve: Sparklers, lanterns, and fireworks mark the transition to a new beginning.

Each of these traditions is distinct and deeply meaningful, providing beautiful examples of how light can offer comfort, hope, and connection. And science tells us there are physical benefits as well. Exposure to light helps regulate your body's internal clock, boost serotonin (a mood-lifting chemical), and balance melatonin (the hormone that supports sleep).

That's why adding more light to your mornings and evenings can improve energy, focus, and overall mood—especially in fall and winter when natural daylight is harder to find. Give it a try this month by welcoming more light into your home in simple ways:

- Place LED candles or string lights in a favorite corner.
- Light a candle during dinner or when winding down at night.
- Use a sunrise alarm clock to wake up with gentle morning light.
- Add a lamp to a darker corner for extra warmth and glow.
- Line a walkway with outdoor lanterns or solar lights.
- Gather with friends or family by a firepit or fireplace.

A little extra glow can go a long way. Light up your space, brighten your mood, and enjoy the season.



“Across cultures and faiths, light has long been a symbol of hope, connection, and renewal.”

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.

How to “Fall Back” Without Losing Sleep



Sleep is just as important for health as nutrition and exercise, but it is often the first thing we sacrifice. Almost one in three adults do not get the recommended amount of sleep each night. We live in a culture where waking up exhausted has become the norm.

And then, twice a year, we make it even harder on ourselves by shifting the clocks. When we “fall back” to Standard Time in November, it can feel like a bonus hour of sleep. But the change still disrupts your body’s natural rhythm, especially as the evenings get darker earlier.

So how can you prepare?

There is no shortage of advice out there, but not everything is practical for everyone. Ultimately, the most effective strategies are the simple ones you can stick with; the things that work best within your own life. The goal is to get the best quality sleep possible, no matter what the clock says.

That means practicing common sense habits, year-round:

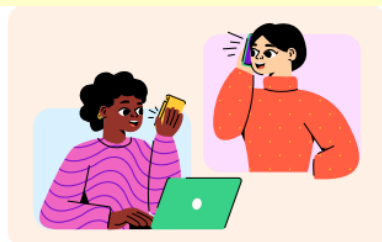
- **Avoid stimulants around bedtime.** That means caffeine, nicotine, alcohol, and yes, smartphones.
- **Get some sun in the morning.** Getting exposure to morning sunlight will help reset your body clock and make it easier to fall asleep at night.
- **Tire yourself out.** Just 30 minutes of active movement during the day helps burn off excess energy and tension, telling your body it’s OK to slow down and rest at night.
- **Tip your plate toward protein.** This is especially important during the days surrounding the time change. Meat, poultry, and fish are good sources, but high-protein plants like beans, peas, almonds, lentils, wild rice, pistachios, green peas, or spinach are great too.

Even small improvements in sleep quality can boost your mood, energy, focus, and overall health. Better sleep is also linked with lower anxiety, less depression, and reduced risk for chronic conditions.

Start making small tweaks now, and when November 2 rolls around, you’ll be ready to “fall back”

Acts Of Kindness

Kindness benefits the giver and receiver and goes beyond just feeling good. Acts of generosity trigger a release of brain chemicals that create a “helper’s high,” reducing stress, improving mental well-being, and enhancing physical health. These rewarding effects reinforce a positive behavior loop that fosters happiness and connection.



Call or text a friend you haven't heard from in a while



Donate usable goods to charity



Bring a meal to someone in need

Beyond Pumpkin Spice

Fall is here, and pumpkin spice is officially everywhere. From lattes to oat milk smoothies, those warm spices make everything feel instantly cozy. But if you want to enjoy the season without going overboard on sugar or calories, there are plenty of healthy and creative ways to keep your cozy fall drinks delicious.

One of the simplest ways to stay on track with healthy eating is to focus on flavor. Building bold, interesting flavor profiles makes foods and drinks feel indulgent without needing to lean on extra sugar, fat, or other add-ins. The same principle applies to your fall beverages. Leaning on spices, herbs, and global influences can elevate your favorite cozy drinks while keeping them in line with your healthy eating goals.

Sophisticated Lattes

Take your latte up a notch. Think beyond the usual and add layers of flavor: warming chai spices, turmeric-based “golden milk,” or earthy adaptogens like chaga mushrooms blended into mochas. For the adventurous, try a nutty miso-spiked coffee—it sounds unusual, but it adds a savory depth that pairs surprisingly well with cinnamon and nutmeg.

Upgraded Ciders and Fruit Drinks

Cider season doesn't have to mean sugar overload. Try cider infused with pear, ginger, and rosemary for a warm, fragrant twist. Or mix dark berry purées with sparkling water to create “Harvest Moon” elixirs—bright, refreshing, and beautifully seasonal.

Make It “Swicy”

Sweet meets spicy. Add a tiny pinch of chili or cayenne to your latte or hot chocolate. You'll get a playful, unexpected kick that heightens the warmth and complexity with just the right amount of heat.

Go Global

Explore drinks inspired by world cuisines like horchata chai, spiced matcha lattes, or warm drinks using tropical fruits as a base. Global flavors keep your fall beverages fresh, flavorful, and far from boring.

Cozy, seasonal, and maybe even Instagram-worthy, these tweaks let you expand your cozy fall drink options without the sugar crash or calorie overload. By focusing on flavor first, you can keep things interesting, satisfying, and nourishing at the same time. Cheers to a smarter, tastier, and more adventurous pumpkin spice season!

Warm Mulled Cider with Pear, Ginger & Rosemary

Ingredients

- 8 cups pear juice or apple cider
- 1 pear, sliced
- 1-inch piece of ginger, peeled and sliced
- 2–3 sprigs fresh rosemary
- Optional additions: Cinnamon sticks, star anise, cloves



Healthy Tip:

Rethink the cloves in your spice rack! From fighting inflammation to boosting digestion, this common spice has many unexpected health benefits. Learn more about cloves' many uses and how to incorporate them into your diet.

<https://www.almanac.com/10-unexpected-health-benefits-cloves>

Instructions

- ~~Combine ingredients: Add the pear juice or apple cider, sliced pear, ginger, and rosemary and any other optional additions to a large pot or slow cooker.
- ~~Heat gently: Heat on low for 2–4 hours in a slow cooker, or simmer gently on the stove for at least 20 minutes, allowing the flavors to infuse.
- ~~Strain and serve: Strain the mixture to remove the solids. Serve warm in mugs, garnishing with a fresh rosemary sprig and pear slice.



TAKE CONTROL OF HOW YOU EAT AND FEEL.

Savory Living is a fun, online 12-session healthy eating & cooking experience that puts the power of healthy eating in your hands.

Discover how food works inside your body. Learn the science behind healthy eating and apply it to your life to solve what you care about (inflammation, moods, energy, weight, pain, headaches, digestive issues, food sensitivities, cholesterol, blood pressure, diabetes, sugar cravings, skin issues).

Learn how to quickly cook and flavor tons of healthy foods to create variety, move beyond “recipe cooking,” and assemble delicious meals and snacks that even the pickiest of eaters will love!

Get the one-on-one support you need as you discover how to eat right for you and turn it into a lifestyle you love and can stick with!

- Proven Culinary Nutrition Behavior Change Program (12 sessions)
- Solve what you care about
- Improve your Diet Quality Score (measure connected to health improvements and inflammation)
- Personalized to you. Includes a private coach
- Self-paced. Runs on any device, on your schedule

95% SAY IT WORKS. 4.8 out of 5 STAR RATING.



Get started at www.savoryliving.com/MMHG

Limited offer for MMHG members:

Sign up and complete the 1st session for FREE.

If you decide to continue with the program, MMHG will pay for all 12 sessions!

"I'm so glad to have tried this program! I've learned to cook and enjoy vegetables in so many new ways. I'm learning to eat better, control sugar intake, reduce inflammation and I'm seeing results. Weight loss and lower cholesterol." Patricia Forts

WIN A SUNSHINE PROTECTION TO-GO KIT !

Print, solve and return the completed puzzle to MMHG no later than **December 15th** and you'll be entered in a random drawing to win **one of six- Fitness to-Go Kits**. Kit includes an adjustable jump rope, three-piece resistance band set, and handouts packaged in a sports duffel bag.

BONUS: Complete the poll below for a chance to win a \$50 Amazon gift card!

Return your completed puzzle via:

Email-

wellness@mmhg.org

or FAX-

774-773-9403

or Mail-

MMHG

PO Box 6008

North Plymouth, MA 02362

If you would like a printed copy of the puzzle mailed to you call 774-773-9306 or request by email at wellness@mmhg.org.

Your Name: _____

Email Address: _____

*Member Unit: _____

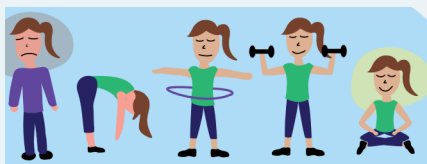
Mailing Address **(to send prize if you're a winner)**

Eligibility: Raffle is open to all employees, retirees, dependents 18+ of MMHG member units.

*Your member unit is the municipal entity (town, district etc.) you work at or retired from.

Winners will be notified by email December 17th.

See page 10 for a list of Summer Newsletter Puzzle Raffle Winners. Fall winners will be published in the Winter Newsletter.



SOLVE THE MMHG WELLNESS PUZZLE

Wellable On Demand Fitness Classes

Whether you are a fitness buff, new to exercise, or anywhere in between, having easy to access instructor led virtual workouts (without commercials) is a great way to help you prioritize your health at your convenience. With Wellable On-Demand Fitness Classes MMHG members get **FREE** access to professionally filmed classes with top fitness trainers from across the globe.

Get started with Wellable On-Demand **HERE**. If prompted to enter a code for On Demand, use: **MMHGWELLNESS**

Puzzle Directions: Circle or highlight the in the word search puzzle below. Words appear straight across, backwards, straight across, up and down, down and up, and diagonally.



BARRE	BOXING	CARDIO	CHAIR
CORE	CYCLING	DESK	FUNDAMENTALS
LOW IMPACT	MASHUP	PILATES	STRENGTH
TABATA	TREADMILL	WALKING	YOGA

BONUS Poll

Which of the following **Wellable On-Demand** classes would you like to try?

- 10-Minute Full Body Barre Blast
- 25-Minute Cardio Boxing Bootcamp
- 5-Minute Chair Workout With Weights
- 15-Minute Advanced Power Walk
- 40-Minute Yoga Stretch & Strengthen
- Other: _____

Select all that apply and/or write in (other) for a chance to win a \$50 Amazon gift card. We'll share poll results in the Winter newsletter!



Mayflower Municipal Health Group

P.O. Box 6008
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www.MMHG.org
Contact us at wellness@mmhg.org

Thank you to everyone who solved and returned the MMHG Wellness Summer Newsletter Puzzle: **Let's Go to the Farmers Market!**

Congratulation to the following raffle winners
6 Winners- Sun Bum Sunshine Protection Kits
Kathleen Keefe (Whitman), Kim Cunningham (Hanson), Janet Tierney (Hanover), Tricia Campea (Whitman Hanson) Laurie Mahoney (Bridgewater), Caren Jewett (GATRA)
"Bonus Poll" Winner- \$50 Amazon Gift Card
Jon Higgins (GATRA)

Make Like a Tree: Lighten Your Load

Every year as fall foliage season approaches, a quote starts circulating that goes something like this: "The trees are about to show us how beautiful it can be to let go."

Maybe you've seen it on a mug or in your social feed. And while it might feel a little cliché, there's truth in it. As fall settles in, days feel shorter and colder, and that shift can affect mood and energy. Many people feel a little down without knowing why. The season is a reminder that change is constant, and sometimes leaning into it can actually be good for us.

Holding on to stress, grudges, or unrealistic expectations takes a toll. Mentally, it can keep your brain in a cycle of low-level stress, worry, and frustration. Physically, it can show up as tension, poor sleep, frequent headaches, and even high blood pressure. Learning to let go is like giving your nervous system a much-needed exhale. People often find that they feel lighter, calmer, and more focused.

Letting go can feel abstract, but it becomes easier with small, concrete steps. If there are things you want to let go of this fall, try this simple routine:

- Name it. Write down or say out loud the habit, thought, or stressor you want to release.
- Check reality. Ask yourself if it is still serving you or if it is weighing you down.
- Replace it. Choose one small, positive action that supports how you want to feel.
- Release it. Symbolically let it go, such as crumpling the paper you wrote on or exhaling deeply.
- Move forward. Remind yourself that release is an active choice, not a one-time event.

The leaves don't change color and fall just to put on a pretty show. They are doing what's necessary to help the trees reset for new growth in the spring. Letting go works the same way for us. It creates room for new growth, healthier routines, and opportunities that may not have fit into our lives before.

As the season shifts, it's a good time to take stock and clear out what isn't working. Let it go, make some space, and get ready to welcome what's next!



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

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 ~ Plympton ~ Plymouth County ~ Plymouth County Retirement Association ~ Rochester ~ 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 ~ Upper cape Technical High School ~ Wareham ~