



Feel Better Stay Strong Challenge

Small steps. Stronger health. Real support.

Learn more & sign up here:

www.savoryliving.com/mmhg

How it Works

- Sign up for Savory Living (free—MMHG covers the cost)
- Complete 4 sessions by June 30th
- Get entered into a raffle — fifty winners will each receive a \$50 gift card

IMPORTANT: Each Savory Living session is designed to take about two weeks to complete so you'll need to get started no later than May 1st to be eligible to win a gift card.

In order to be eligible to participate and earn a gift card, you must be a Mayflower Municipal Health Group subscriber or dependent 18+ enrolled in an active plan. Medicare plan subscribers are not eligible to participate in the incentive program.

Gift card winners will be notified by email by July 15th with details on receiving their prize.

MMHG reserves the right to cap free Savory Living slots to the amount budgeted for the program.

Eligible MMHG members that sign up for Savory Living and complete 4 (2 week) on-line sessions by June 30th will be entered in a raffle to win one of fifty— \$50 Amazon Gift Cards!

Small steps. Stronger health. Real support. So much of how we feel comes down to a handful of health markers most people don't think about day to day — belly size, blood pressure, cholesterol, triglycerides, and A1C.

When people eat in ways that improve those numbers, they not only improve their health — they often notice more steady energy, better sleep, clearer focus, fewer cravings, and less “food noise.” Savory Living – Eat Right For YOU is a food-first, guided program designed to help you improve those numbers through practical, sustainable habits and delicious, real food.

You'll learn how to:

- Support heart health and reduce inflammation
- Improve blood sugar, cholesterol, and blood pressure
- Lose stubborn weight with real, satisfying food
- Build realistic habits that actually stick
- Plan, cook, and flavor healthy meals in ways that are simple and enjoyable
- Eat in a way that supports your body whether you're considering GLP-1s, currently taking them, or focusing on food-first strategies

Savory Living is not a diet. It's skills, structure, and support. And it runs 24x7 on any device, on-demand. Learn more and get started at

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