



MMHG Wellness September 2026

Schedule of Events

Visit www.mmhg.org/wellness



Date/Time	Event	Other information
Ongoing- <i>NEW!</i>	Virta Click HERE for more information	Virta is a clinically proven program helping members improve metabolic health, and achieve sustainable weight loss. It's a personalized, medically guided approach built for real life.
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 Community 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 Mondays 5:30 PM	Virtual Restorative Yoga Classes No need to register- click HERE for website with link to join the live webinar at scheduled time.	Ease into the week with this feel-good practice, excellent for when you want refreshing movement and improved rest. Slow movements transition into gradual deeper stretching and longer holds to support happier joints, muscles, and nervous systems. All fitness levels are welcome.
Ongoing Tuesdays, 7:30 AM	Virtual Tai Chi No need to register- click HERE for website with link to join the live webinar at scheduled time.	Begin your morning with gentle, flowing movements that calm the mind and energize the body. This Tai Chi class blends breathwork, balance, and mindful motion to support joint health, ease stiffness, and encourage fluid movement. Often described as "moving meditation," it's a refreshing way to center yourself at any time of day. All experience levels welcome.
Ongoing Wednesdays 5:30 PM	Virtual Vinyasa Flow Yoga Classes No need to register- click HERE for website with link to join the live webinar at scheduled time.	Challenge and elevate your yoga practice through dynamic sequences that build strength, flexibility, and focus. This class is a perfect opportunity to explore the many physical and mental benefits of yoga. All fitness levels are welcome.
Ongoing Tuesdays, 5:30 PM	Virtual Cardio Dance Classes No need to register- click HERE for website with link to join the live webinar at scheduled time.	Our cardio dance classes will be the most fun you've ever had working out. Enjoy upbeat music and moves anyone can try!

Programs are free and are open to eligible Mayflower Municipal Health Group (MMHG) member unit employees, retirees & dependents. Events are subject to change. Please check our website at www.mmhg.org for details & updates.

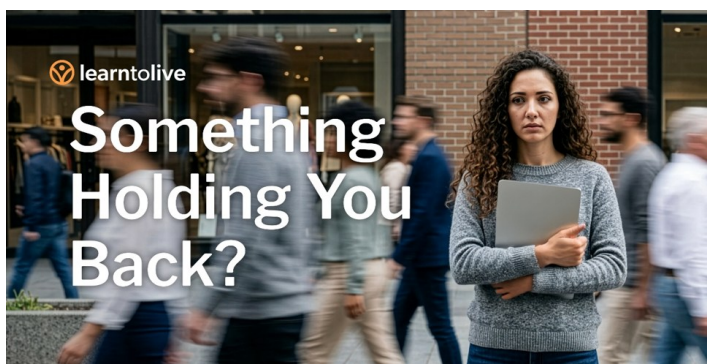
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Ongoing Thursdays 7:30 AM	Virtual Strength Training Classes No need to register- click HERE for website with link to join the live webinar at scheduled time.	This thirty minute strength training session will get you ready to start your day! Weights 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!
Ongoing Wednesdays 8:30-9:00 AM	Mindfulness in Everyday Life (Virtual) Click HERE for more information	Discover how mindfulness can support you through all of life's ups and downs. This 30-minute session shows how to mind the moment, wherever you are
September 1st- 30th <u><i>View on-demand webinar for a chance to win a \$50 Amazon gift card!</i></u>	September Learn to Live Webinar Incentive: Conquering Financial Stress: Tools for Resilience Click HERE for more information	Financial stress isn't just a money problem. Concerns about finances can affect our sleep, relationships, emotional well-being, and even our ability to think clearly and solve problems, making an already difficult situation feel even harder to manage. In this webinar, we'll explore the psychological challenges that can arise during periods of financial stress and how you can respond to them in healthier, more productive ways. You'll also learn how Learn to Live's online programs can help you address pressing concerns, build powerful coping skills, and feel more prepared to navigate financial challenges in the future.
September 1st-30th	Learn to Live Take Action Challenge Click HERE for more information	Choose from one of Learn to Live's self-guided programs, specifically designed to help you manage stress, overcome depression, improve sleep and more. Win Prizes!
Tuesday, September 15th 10:00 AM 12:00 PM 3:00 PM	Webinar: Respiratory Resilience Click HERE for more information	Learn how to protect and strengthen your lungs through habits that support clearer breathing and improved stamina. This webinar highlights how air quality, effective breathing techniques, and early signs of common lung diseases (e.g., asthma, COPD) influence long-term respiratory health.
Wednesdays September 2nd, 9 AM September 19th, 12 PM September 16th, 5 PM	Cardio Burner Register HERE (enter MMHG for organization)	This fast-paced, heart-pumping workout blends dynamic cardio exercises with full-body movements for maximum calorie burn.
September 3, 10, 17, 24 5:30- 6:30 PM	Belly Dance Click HERE for more information	Get ready for a fun, low-impact cardio dance class that blends hip and torso isometrics with travel steps and fun foot patterns to fire up your core, improve posture, and boost body confidence. In this energizing 60- minute session, all levels are welcome to enjoy the beauty of belly dance set to upbeat music—moving, stepping, shimmying, and smiling the whole way through!
Friday, September 11th 12:00- 12:30 PM	Webinar: Flourishing Through Life Transitions Click HERE for more information	Change happens. We may or may not expect it. We may or may not like it. Either way, it can leave us feeling uncertain and overwhelmed. Whether you're adjusting to an empty nest, grieving a loss, adapting to a job promotion, or stepping into a new life chapter - you're not alone in your feelings of uncertainty. In this webinar, the Learn to Live clinical team will provide powerful CBT tools to help you move through life transitions with more clarity and self-compassion.
Thursdays in September 9/3, 8:00 AM 9/10, 12:00 PM 9/17, 4:00 PM	Mindful Centering Register HERE (enter MMHG for organization)	This grounding class explores techniques to release mental clutter, reduce stress, and reconnect with the present moment through meditation and gentle movement.
Wednesday, September 9th 1:00- 1:30 PM	Webinar: Why We Rest: The History and Future of Work-Life Balance Click HERE for more information	Labor Day has its roots in the movement for safer, more humane working conditions. This session reflects on that history while exploring what work-life balance looks like in today's always-on digital world. Learn practical strategies for setting boundaries, protecting your time, and prioritizing your wellbeing at work and beyond.

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Wednesday, September 16th 1:00- 1:30 PM <i>September is Suicide Prevention Awareness Month</i>	Webinar: Suicide Prevention Click HERE for more information	This presentation brings awareness to the important topic of suicide prevention. Our clinical team covers how to talk about suicide, discusses common myths, shares risk factors and protective factors and shares some tips for how to have this difficult conversation
Wednesday, September 16th 1:00- 1:30 PM	Webinar: Celebrating Hispanic Heritage Through Food Click HERE for more information	In celebration of Hispanic Heritage Month, join us for a cooking demo exploring the rich and diverse culinary traditions of Latin Diaspora. Hispanic cuisines are as varied as the cultures they come from. Learn to prepare dishes inspired by these vibrant culinary traditions while celebrating the flavors, ingredients, and heritage that make them so unique.
Thursday, September 17th 1:00- 1:30 PM Friday, September 25th 12:00- 12:30 PM	Webinar: Public Speaking- What to do When the Spotlight's on You Click HERE for more information	Does the thought of stepping up to the podium make your heart race? Whether it's presenting in front of a crowd or just speaking up in a small meeting - the fear of public speaking is such a common human experience. In this webinar, the Learn to Live Clinical Team will discuss why you may fear public speaking and equip you with powerful tools to communicate in the spotlight without getting pushed around by fear.
Wednesday, September 23rd 1:00- 1:30 PM	Webinar: Setting Boundaries for Well-being Click HERE for more information	Do you ever say "yes" when you really want to say "no"? Maybe you struggle to speak up, or feel guilty setting limits with others. If so, you're not alone. In our time together, Learn to Live's clinical team will explore the four communication styles, how to practice assertiveness, and ways to create healthy boundaries that protect your well-being and allow you to live your life more fully
Wednesday, September 23rd 1:00- 1:30 PM	Webinar: The Power of Social Connection as We Age Click HERE for more information	Loneliness is one of the most overlooked health risks of aging. This session explores how social isolation impacts physical and cognitive health, the difference between being alone and feeling lonely, and practical strategies for building and maintaining meaningful connections throughout every stage of life.
Wednesday, September 30th 1:00- 1:30 PM	Webinar: But First, Coffee- The Science Behind your Morning Drink Click HERE for more information	Coffee is one of the most studied beverages in the world, yet myths and misconceptions abound. This session dives into the science of caffeine, separates coffee fact from fiction, explores its surprising health benefits, and shares some delicious coffee-inspired recipes to try at home.



If you're finding it difficult to take action on something that may be holding you back, Learn to Live can help. Like an online gym for your mind, you can use private, self-guided programs that teach proven strategies for overcoming mental obstacles. And this September is the perfect time to give it a try.

Join the Take Action Challenge. Enroll in any Learn to Live program and/or complete any lesson and you'll be entered into a drawing for a \$10 Amazon e-gift card!

[Enroll](#) in a Learn to Live program using access code: MMHG

Already enrolled? [Complete a lesson](#) within your program

What will you do once there's nothing holding you back? Take the first step today.

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