



MMHG Wellness Presents:

**Eat Like a Centenarian: Nutrition
for Longevity Webinar**
A Nutrition Awareness Webinar

Monday, March 4th
12:00p.m. – 1:00p.m.

**Attend and be entered into a drawing to win
a \$25 Gift Card. Two winners will be chosen
from the event!**

Learn about...

- Common lifestyle trends among Centenarians
- Health benefits of eating for longevity
- Health risks of popular diets and how to take a healthier, long-term lifestyle approach

Can't make the live webinar? Register anyway to receive a link to a recording of the class available after the live virtual event.

CLICK [HERE](#) TO REGISTER

To test the software prior to this event, go to:

<https://zoom.us/test>

This webinar is free and open to all Mayflower Municipal Health Group (MMHG) member unit employees, retirees & dependents.