

FREE MMHG Wellness “Lunch & Learn” WEBINAR

Environmental Wellness

3 Opportunities to Participate:

Tuesday, April 9th

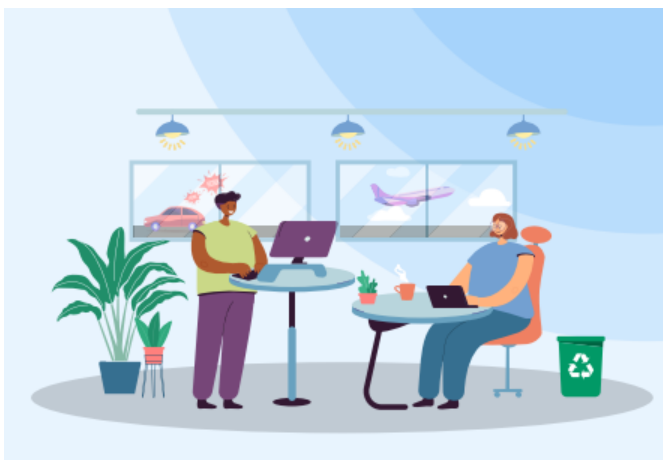
10:15– 11:00 AM

Or Wednesday, April 10th

12:15—1:00 PM

Or Thursday, April 11th

2:15– 3:00 PM



This webinar explores how residing in pleasant, stimulating environments promotes well-being and inspires positive changes in your home, community, and the planet.

**Understand
the impact
of indoor
air quality
on health**

**Discover
how biophilic
design and
ergonomics
support well-
being**

**Learn ze-
ro waste
principles
to protect
the planet**

Click [HERE](#) to Register

After registering you will receive a confirmation email containing important information about the webinar and how to join via your personal computer or mobile device.

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