



MMHG Wellness January Schedule of Events Happy New Year!



Cheers and Happy New Year! As you make your resolutions for 2020, don't forget to include participating more in all the great programs MMHG Wellness has to offer you. Visit www.mmhg.org, and click on the wellness tab, for a calendar of events and links to all sorts of great health and wellness resources!

Live and recorded webinars are easily accessed through your personal computer or mobile device. Register for the webinars by clicking on the links below (please register for each webinar separately). Register for Zumba at wellness@mmhg.org or call 774-773-9306. **BONUS: We'll be raffling one \$25 gift card after each live "Lunch & Learn" webinar, attend one or all of the live webinars for a chance to win!** Interested but can't make the live webinar? Check www.mmhg.org for webinar recordings (we'll post recording as soon as available).

Date/Time	Event	Other information
All Month- View Anytime!	January 2020 Webinar Recording of the Month: Financial Wellness Click HERE to View https://register.gotowebinar.com/recording/2031692275656491523	Curious about retirement? Wondering how much you should put aside for college? What about a down payment on a house? These are all questions that are important as we go through life and make important decisions for our future. This webinar recording will provide sound advice on the best practices of saving for life's most exciting times and biggest decisions as well as guidance on the importance of saving and what that looks like through all walks of life.
January 6th 12:00- 1:00 P.M.	Live "Lunch & Learn" Webinar: Healthy APPetites- Tools to Manage Wellness Goals Register HERE https://zoom.us/webinar/register/WN_M8gII0s3SzS3QY3Q9oDgYA	In today's seemingly "virtual" world, there are numerous Apps and tools that claim to be the answer to your weight management and health-related goals. In this webinar you'll receive expert advice on: <ul style="list-style-type: none"> • APPS and tools to help with health-related goals • How to obtain your nutritional goals for better health • How to turn goals into accomplishments • How to plan goals using S M A R T
<i>Thursdays</i> January 23, 30 February 6, 13, 20, 27 March 5, 12 4:30- 5:30 P.M.	Group ZUMBA Toning Classes Reed Community Building, Kingston	Zumba Toning takes the original Zumba dance-fitness class to the next level by utilizing an innovative muscle protocol with the addition of lightweight toning sticks or dumbbells.
January 30th 12:00- 1:00 P.M.	Live "Lunch & Learn" webinar: No Gym? No Problem! Register HERE https://register.gotowebinar.com/register/6437313327298158092	In this webinar participants will learn how to put together a fitness program outside of the gym. It explains how to structure effective workouts in a home or work environment using inexpensive equipment as well as shares resources for getting the most out of every workout.

Coming in February- Heart Health Hero Challenge
Visit www.MMHG.org and Click on the Wellness Tab for Details!

Programs are free and are open to all 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.