

MMHG Wellness Presents:

**FREE “Lunch & Learn” WEBINAR:
7 Habits for Effective Weight Loss**

Wednesday, March 18th

1:00– 2:00 P.M.

**Attend this webinar from
your computer, tablet, or
smartphone!**

****Participants will be entered in a
raffle to win a \$25 gift card!****



This class teaches participants seven integral behaviors that correlate with long-term weight management. Whether you are challenged with losing weight or maintaining weight loss, this class isn't about promoting a magic bullet and overnight results as much as it is about identifying the real work required to lose weight healthfully.

It's Easy to Register:

Click HERE or go to this link:

https://zoom.us/webinar/register/WN_9ptYV4m-RYSck0X3_pzJbg

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. To test the software prior to this webinar, go to: <https://zoom.us/test>

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