

MMHG Wellness Presents:

FREE “Lunch & Learn” WEBINAR:

CLEAN EATING

Wednesday, June 3, 2020

12:00– 1:00 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 presentation focuses on the concept of clean eating and how to implement this behavior into one’s lifestyle. Participants will learn how to make clean eating work for their lifestyle and understand how to incorporate different methods of clean eating into their day.

It’s Easy to Register:

Click [HERE](https://attendee.gotowebinar.com/register/8778166985763610636) or go to this link:

<https://attendee.gotowebinar.com/register/8778166985763610636>

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.