



MMHG Wellness

April Schedule of Events

Spring into Wellness



April is Earth Month and MMHG Wellness is celebrating with a plant based cooking demo and 3 regional seminars! We're also hosting yoga & Zumba classes and workshop #2 for our new online [Make your Way to 5K Challenge](#). By popular demand we've scheduled a Healthy Municipal Retirement seminar on April 11th- don't miss it! And in March and April, eligible BCBS members can earn a **\$25 gift card** by taking an online workshop at www.aHealthyMe.com. For details on all of these programs, go to www.mmhg.org and click on the wellness tab.

Live 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 seminar and exercise classes at wellness@mmhg.org or call 774-773-9306. **BONUS:** We'll be raffling three \$25 gift cards after each webinar, attend one or all of the live webinars for a chance to win!

Date/Time	Event	Other information
March 1st- April 30th	AHealthyMe Workshop Incentive <i>*For eligible MMHG BCBS members enrolled in active (non Medicare) plans only</i>	Eligible MMHG BCBS members can earn a \$25 gift card for taking an online workshop.
March 5, 12, 18, 26 April 2, 9 4:30- 5:30 P.M.	Group Classes: Yoga North River Conference Center, Rockland	Yoga for beginners in a very judgement free zone with nice people. Space is limited.
April 10th 5:00- 6:00 P.M.	Make Your way to 5 K Challenge Workshop- Hanover Town Hall	We'll discuss exercise nutrition in depth, share stories, and answer questions.
March 18th- May 5th	Make you Way to 5K Online Challenge	Make you way to running/walking a 5K, 7 week online program with a workshop. Win prizes!
March 20, 27 April 3, 10, 24 May 1 4:40-5:30 P.M.	Group Classes: Zumba Bridgewater Town Hall	Never tried Zumba? Here's your chance to dance in a very judgement free zone with nice people. Space is limited.
Earth Month Events:		
April 3rd 5:00- 6:00 P.M .	Workshop: Keeping A Green Home Silver Lake High School	Learn how to create a more eco-friendly home.
April 4th 4:30-5:30 P.M.	Cooking Demo: Blue Zones & Plant Based Marshfield Town Hall	Cooking with more plants is a delicious way to improve your health and the planet!
April 22nd 5:00- 6:00 P.M.	Workshop: Home Made Beauty Whitman Hanson High School	Learn how to create your own eco-friendly beauty products!
April 24th 5:00- 6:00 P.M.	Workshop : Spring Planting- Seed Time MMHG Offices, Cordage Park Plymouth	Learn how to grow plants from seed. We'll plant herb seeds in a small pot to bring home!
April 11th 12:00- 1:00 P.M.	Webinar: Ergonomics	Learn the importance of proper posture and stretches that can be incorporated into the work-day to prevent injury and stress on the body.
April 11th 5:00- 6:30 P.M.	Seminar: Healthy Municipal Retirement Halifax Town Hall	Everything you need to know about a healthy retirement as a municipal employee. Don't miss this one!
April 30th 1:00- 2:00 P.M.	Webinar: Inflammation Busters!	Learn how specific fats and foods impact inflammation and how you can better balance your food choices to favor health.

Programs are free and most 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.