

MMHG Wellness Presents:

MAY 2020 Webinar Recording of the Month:

No Gym? No Problem!

View this webinar recording from your computer, tablet, or smartphone—at your convenience!



Get Fit without Going to the Gym!

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.

Click [HERE](https://register.gotowebinar.comrecording/4829504074519862283) to View the Webinar Recording or Use this Link:

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Webinar recordings are free for all Mayflower Municipal Health Group (MMHG) member unit employees, retirees & dependents.