

MMHG Wellness Presents:

FREE “Lunch & Learn” WEBINAR:

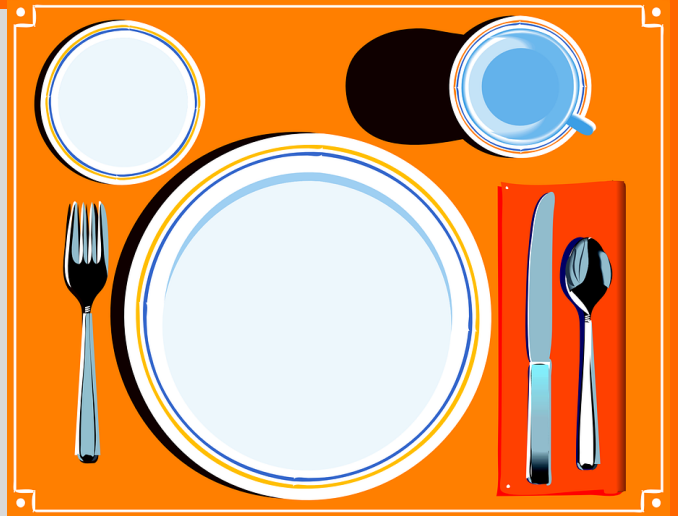
Meal Prepping Techniques

Wednesday, May 13, 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!****



Meal prepping may seem scary or time-consuming, but this presentation demystifies meal prepping myths! Attendees learn quick and easy meal prepping ideas and tips to create meals for the entire week without spending all day in the kitchen.

It's Easy to Register:

Click [HERE](https://attendee.gotowebinar.com/register/404697645970369292) or go to this link:

<https://attendee.gotowebinar.com/register/404697645970369292>

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.