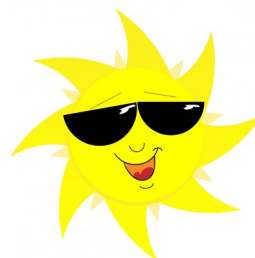


MMHG Wellness

JULY 2022 Schedule of Events

Visit www.mmhg.org/wellness



Date/Time	Event	Other information
Ongoing	Wellable On-Demand Fitness & Mindfulness/Meditation Classes, recipes and meal planning resources Click HERE for More Information	Wellable's On-Demand Fitness Classes provide employees/retirees/dependents of MMHG member units with easy and unlimited access to hundreds of workouts from the world's top trainers—available anytime, anywhere. Now includes Mindfulness Classes and recipes/meal planning resources!
Ongoing	Learn to Live Visit learntolive.com/partners and enter code MMHG	Learn to Live is a FREE, confidential online mental health program. Mayflower Municipal Health Group member unit employees, retirees and their family (age 13 and over) can enroll for free in any of Learn to Live's interactive programs: <ul style="list-style-type: none"> • Insomnia • Stress, Anxiety & Worry • Depression • Social Anxiety • Substance Use For free immediate access to these programs: Visit learntolive.com/partners and enter code MMHG
Ongoing	Savory Living Healthy Eating Lifestyle Program Click HERE for More Information <i>Free subscriptions available on a first come first serve basis.</i>	Ready to use "food as medicine" and take control of how you eat and feel? Savory Living is a 12 session, self-paced, personalized, online program that includes nutrition coaching to keep you motivated to eat healthy, tackle challenges and reach your goals.
Ongoing	Harvard Pilgrim Living Well at Home with Virtual Wellness Classes Click HERE for Schedule & More Information	Check out Harvard Pilgrim's latest complimentary offerings including webinars, exercise classes, and even mini meditations. These sessions are easy to access via Zoom.
Ongoing	The EX Program Click HERE for More Information	The EX Program is a FREE and confidential digital quit-smoking program that personalizes the quitting journey for each participant. The interactive, self-paced, guided quit plan provides the specialized support tobacco users need for the behavioral, social, and physical aspects of tobacco addiction.
Ongoing Tuesdays, Wednesdays & Thursdays from 8:30- 9:00 AM	Virtual Guided Mindfulness Sessions No need to register- click HERE for website with link to join the live webinar at scheduled time.	Experiment with short bursts of mindfulness instruction, followed by mini meditations, led by our team of expert instructors. Via Harvard Pilgrim Living Well at Home.
Ongoing Mondays & Wednesdays 5:15 PM	Virtual Yoga Classes No need to register- click HERE for website with link to join the live webinar at scheduled time.	Breathe in, breathe out and stretch it out with a relaxing yoga practice. These live yoga sessions are accessible to all fitness levels and are the perfect way to wind down after a long day.
Ongoing Tuesdays & Thursdays 5:15 PM	Virtual Zumba Classes No need to register- click HERE for website with link to join the live webinar at scheduled time.	Dance like nobody's watching! Our Zumba® classes will be the most fun you've ever had working out. Enjoy upbeat music and moves anyone can try!

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MMHG Wellness JULY 2022 Schedule of Events Continued...

Date/Time	Event	Other information
Wednesdays, 9:00 -10 :00 AM 7/20, 8/3, 8/17, 8/31,	Virtual Summer Zumba Toning Series with Debbie Rafferty Click HERE for more information.	Debbie Rafferty continues leading the popular virtual series of Zumba Toning classes- scheduled mornings to beat the heat!
Thursdays, July 7,14,21,28 1:00- 1:30 PM	Virtual Series: Boot Camp Click HERE for more information	Drill the basics! Lunge, squat, sit ups, jumping jacks, and more! This class utilizes lighter to heavier weights to target major muscle groups as well as optional resistance bands. (Suggested weights range between 15, 10, 5, 3 lbs).
Thursdays June 7th, 12:00- 1:00 pm July 2nd, 12:00- 1:00 PM August 4th, 12:00- 1:00 PM September 1st, 12:00- 1:00 PM October 6th, 12:00- 1:00 PM November 3rd, 12:00- 1:00 PM	Webinar Series: Intuitive Nutrition Click HERE for more information <i>*webinar recordings of sessions will be available to view anytime at www.mmhg.org/wellness</i>	Nicole Cormier, RD, LDN and founder of Delicious Living Nutrition, is an anti-diet dietitian, local food enthusiast, author, an intuitive eating nutrition therapist and a certified Be Body Positive Facilitator. Join Nicole as she facilitates a six part series of monthly nutrition webinars that will help you create a more positive and sustainable relationship with food.
Tuesdays June 14th, 12:00- 1:00 PM July 12th, 12:00- 1:00 PM August 9th, 12:00- 1:00 PM September 13th, 12:00- 1:00 PM October 11th, 12:00- 1:00 PM November 8th, 12:00- 1:00 PM December 13th, 12:00- 1:00 PM	Webinar Series: Mindfulness Click HERE for more information <i>*webinar recordings of sessions will be available to view anytime at www.mmhg.org/wellness</i>	Christine O'Shaughnessy is the founder of Mindful Presence and a senior teacher with the Mind the Moment program at Harvard Pilgrim. Join Christine as she facilitates a seven part series exploring Mindfulness.
July 6th 1:00-1:30 PM	Webinar: Summertime Soups Click HERE for more information	People talk about how delicious and belly-warming soup is in the colder months of fall and winter, but these summer soup recipes prove that soup can be perfect any time of year! Summer soups are usually lighter and made with plenty of garden-fresh vegetables or fruits. Pair them with a salad full of leafy greens, or a cold sandwich, and you have a perfect summer meal. Join us for Summer Minestrone Soup and Spicy Watermelon Gazpacho.
July 12th, 10:15- 11:00 AM July 13th, 12:15- 1:00 PM July 14th, 2:15- 3:00 PM	Webinar: Happiness Click HERE for more information	This webinar speaks to concepts from the field of positive psychology and discusses strategies for fostering deeper and longer-lasting happiness in everyday life.
July 13th 1:00- 1:30 PM	Webinar: Frozen Treats Click HERE for more information	I Scream, You Scream, we all scream for Nice Cream! Learn how to make healthy, refreshing, and delicious homemade frozen treats.
July 19th 1:00- 1:30 PM	Webinar: Summertime Hydration Click HERE for more information	Everyone has been told that you're supposed to drink eight glasses of water a day, but the exact amount of water needed per day is very individualized. The reality is that there is a good chance you aren't getting enough water. Summertime is the perfect opportunity to infuse your water with its seasonal fruits, herbs and veggies. Make your hydrating efforts more delicious and nutritious! Learn how to create your own hydrating "mocktails" from a variety of ingredients, and to find out more about the benefits of staying hydrated this summer.
July 20th 1:00- 1:30 PM	Webinar: Cooking Demo with Melon Click HERE for more information	Melons pack a nutritional punch, loaded with Vitamin C, potassium, B vitamins and keep you hydrated! Learn how to incorporate melon into your summer meals!
June 27th 1:00- 1:30 PM	Webinar: Summertime Smoothie with Berries Click HERE for more information	Learn how to make refreshing, nutrient-packed drinks perfect for an easy breakfast or thirst-quenching snack.

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