

MMHG Wellness

JUNE 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 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!
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.

Programs are free and are open to eligible 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.

MMHG Wellness JUNE 2022 Schedule of Events Continued...

Date/Time	Event	Other information
Wednesdays April- June 5:00- 6:00 PM	Virtual Series: Zumba Toning with Debbie Rafferty Click HERE for more information.	Debbie Rafferty continues leading the popular virtual series of Zumba Toning classes.
Thursdays, June 2, 9,16,23,30 1:00- 1:30 PM	Virtual Series: Kickboxing Click HERE for more information	Learn how to punch and kick in this fun fitness class. All are welcome, no experience and no equipment needed! Come ready for a high energy, exciting and stress relieving session.
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</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</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.
June 1st 1:00-1:30 PM	Webinar: Spiralize Down the Carbs Click HERE for more information	Learn what foods to spiralize and how to reduce your carb intake.
June 6th 12:00- 1:00 PM	Cooking Class: Quick, Easy, Fresh- Everyday Meals in Minutes Click HERE for more information <i>*Recording of class will be available to view anytime</i>	Learn about... <ul style="list-style-type: none"> • How to make lighter versions of your comfort food favorites • Ingredient substitutions to reduce fat, salt, and sugar • Creative and healthier food incorporations to create more nutritious meals <p>Featured Recipes: Strawberry Salad with Spinach Quinoa, Pesto, Veggie Bowl Mixed Berries & Yogurt Frozen Treat</p>
June 8th 1:00- 1:30 PM	Webinar: Using a Mandoline Click HERE for more information	Most recipes work best when food is cut to a uniform size. When it comes to slicing foods super thin, a mandoline is your best friend. Check out how to make yummy recipes like cinnamon apple chips, cranberry slaw, or sweet potato chips.
June 13th 1:00- 1:30 PM	Cooking Class: Make Ahead Breakfasts Click HERE for more information <i>*Recording of class will be available to view anytime</i>	Learn about... <ul style="list-style-type: none"> • The benefits of eating breakfast • Preparing delicious grab-and-go breakfasts • Time saving meal prep tips <p>Featured Recipes: Mini Egg Frittatas, Blueberry Mini Muffins, Overnight Oats</p>
June 15th 1:00- 1:30 PM	Webinar: Dips and Salsas Made Easy Click HERE for more information	Looking to eat a little healthier? Adding some dips and salsas are a delicious way to eat healthier! We'll be making a fresh fruit salsa to go with chips or grilled meat or fish, a fresh ranch dip for veggies and then a creamy yogurt dip to go with fruit.
June 15th 2:00- 2:30 PM	Webinar: Building a Resilient Mindset Click HERE for more information	Learn about the mind-body connection, how to improve your emotional resilience, and how to incorporate present awareness and mindfulness into your everyday life.

Programs are free and are open to eligible 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.

MMHG Wellness JUNE 2022 Schedule of Events Continued...

Date/Time	Event	Other information
June 21st 12:00– 1:00 PM	Cooking Class: Make Ahead Snacks Click HERE for more information <i>*Recording of class will be available to view anytime</i>	Attend & Learn... <ul style="list-style-type: none"> • The benefits of snacking • Preparing healthy, delicious snacks • Snack ideas for at home or on the go Featured Recipes: Roasted Chickpeas, Energy Balls, Berry Yogurt Dip
June 22nd 1:00– 1:30 PM	Webinar: Air Fryer Click HERE for more information	Did you know you could make crispy, delicious food in less time than it would take to make in your oven? Did you know it would be healthier? Well, that's what happens with an Air Fryer. Whether you're a newbie or already love Air Fryers, tune in to get some tips and delicious recipes.
June 24th 12:00– 12:30 PM	Webinar: Resisting the Pressure to be Perfect Click HERE for more information	Resisting the Pressure to be Perfect: We'll explain perfectionism, what the pressure does to us, ways to think differently about high standards, and how to face fears of imperfection.
June 27th 12:00– 1:00 PM	Cooking Class: Take-Out Makeovers: Healthy Italian Cuisine Click HERE for more information <i>*Recording of class will be available to view anytime</i>	Attend & Learn... <ul style="list-style-type: none"> • Creating restaurant favorites at home • Pantry staples to keep on hand • Simple swaps that will boost the nutritional quality of your recipes Featured Recipes: Insalata Tricolore, Grilled Eggplant Parmesan, Cannoli Dip
June 28th 10:00– 10:30 AM	Webinar: Habits: Building the Good, Breaking the Bad Click HERE for more information	We'll share tips on how to take your next big step toward a better life, whether that's creating new habits or working on cutting out an unhealthy habit.
June 29th 1:00– 1:30 PM	Webinar: Air Fryer Click HERE for more information	An Instant Pot (aka Pressure cooker/Multicooker) isn't just for cooking big, tough cuts of meat faster, it can be great way to create nutritious and delicious meals. Tune in to learn how to perfectly cook veggies (while keeping their nutrients), casseroles, and more.



Programs are free and are open to eligible 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.