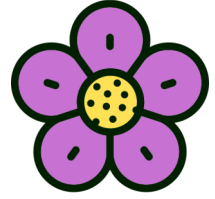


MMHG Wellness

MAY 2024 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: Insomnia/ Stress/ Anxiety & Worry/Depression /Social Anxiety /Substance Use
Ongoing	Savory Living Healthy Eating Lifestyle Program Click HERE for More Information <i>Limited 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!
Ongoing Tuesdays & Thursdays 7:30 AM	Virtual Strength Training Classes No need to register- click HERE for website with link to join the live webinar at scheduled time.	This thirty minute strength training session will get you ready to start your day! Weights are optional, all exercises can be performed using body weight only for beginners, or household items for those without access to weights to increase strength. A quick warm up to get started, moving through various strengthening exercises and closing with some stretching. Be ready, to be stronger, today!

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MMHG Wellness MAY 2024 Schedule of Events Continued...

Date/Time	Event	Other information
<p>Tuesdays 12:00 pm – 12:30 pm November 21 · December 19 · January 16 · February 20 · March 19 · April 16 · May 21</p>	<p>Virtual Series: Mindful Movement: Chair Yoga for the Office or Anywhere Click HERE for more information</p> <p><i>*webinar recordings of sessions will be available to view (request by email to wellness@mmhg.org).</i></p>	<p>It's something we've all experienced: tightness or discomfort in the body. The gentle stretches and postures taught in this program are designed to increase flexibility at the joints – thereby improving one's range of motion – and also aid in relaxing the hips and lower portions of the body to increase one's ability to sit with ease. Because this practice blends movement in the body with the breath, it is an ideal extension of mindfulness practice</p>
<p>October 2023- May 2024</p>	<p>AHealthyMe Health Assessment Incentive Click HERE for more information</p>	<p>BCBS has a brand new AHealthyMe website! Eligible MMHG BCBS members can win gift cards!</p>
<p>April 23rd– June 14th <i>Registration begins April 8th</i></p>	<p>Strive for your Optimal Weight Challenge Visit www.mmhg.org/wellness for more information</p>	<p>READY, SET, GOAL! Learn the strategies to lose weight and keep it off. The Optimal Weight Challenge includes weekly blogs, fun pop-up challenges with a weekly prize winner, webinars, quizzes, and personalized nutrition counseling sessions, along with Q & A with your instructor. All participants who earn 100 points or more by the end of the challenge will be entered into the Grand Prize Raffle!</p>
<p>April 29th– June 9th</p>	<p>Spring <i>Step It Up</i> Walking Challenge Click HERE for more information</p>	<p>Step it Up! is a 6 week team-based ACTIVITY program with user friendly online tracking that helps you view your progress. Win team and individual raffle prizes!</p>
<p>May 1st– May 31st</p>	<p>Learn to Live Mental Health Month Challenge Click HERE for more information</p>	<p>During the month of May, we invite you to participate in the Learn to Live Mental Health Month Challenge for an opportunity to win an Amazon e-gift card!</p>
<p>April 8,22,29, May 6,13,20 June 3,10, 17,24 4:30– 5:30 PM</p>	<p>Zumba Toning At the Kingston Council on Aging 30 Evergreen Street Kingston Click HERE for more information.</p>	<p>Debbie Rafferty's continues her popular Zumba Toning classes in Kingston- in person!</p>
<p>Thursdays, May 2, 9, 16, 23, 30 1:00– 1:30 PM</p>	<p>Virtual Class: Align, Breath and Control: the ABC's of Stretching Click HERE or more information</p>	<p>This class provides guided stretches from top to toe! Please have supportive props to enhance our stretching techniques such as a tennis ball (or another ball similar in size), a yoga block, and a thera band (or a yoga strap) to assist and deepen your stretch. Each guided stretch includes breathing techniques to help us enjoy and improve our overall functional movement.</p>
<p>Available on Demand! <i>View anytime!</i></p>	<p>Savory Living Webinar: Spring into a HEALTHIER YOU! Click HERE for more information</p>	<p>Join Sue Levy, the founder of Savory Living, as she shares fun & easy tips to eat to shed winter and take control of your health and how you feel this Spring! You'll learn easy ways to activate healthy eating to get to your ideal weight, reduce inflammation, gain energy, improve moods and sleep, and manage conditions like Diabetes & high blood pressure.</p>
<p>Wednesday, May 1st 1:00– 1:30 PM</p>	<p>Webinar: Peak Mind: Dr. Amishi Jha on Sharpening Attention and Boosting Mood Click HERE for more information</p>	<p>When we're trying to focus on a task, get a job done, or fully engage with the people in our lives, distraction becomes more than a challenge—it can impact our mood, making everything feel a little bit harder...and a little bit less joyful. New York Times best-selling author Dr. Amishi Jha has spent decades studying how and why we get distracted and, perhaps most importantly, what we can do about it. In this interactive Q&A session, Dr. Jha will introduce simple practices anyone can do to sharpen attention and boost mood.</p>
<p>Tuesday, May 7th, 10:15– 11:00 AM Wednesday, May 8th, 12:15-1:00 PM Thursday, May 9th, 2:15– 3:00 PM</p>	<p>Webinar: Meditation Click HERE for more information</p>	<p>This webinar teaches methods to calm the mind, improve focus, increase energy, and reduce stress and anxiety through various meditation practices, welcoming individuals of all backgrounds and beliefs.</p>

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MMHG Wellness MAY 2024 Schedule of Events Continued...

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Wednesday, May 8th 1:00– 1:30 PM	Webinar: Healthy Eating as a Habit Click HERE for more information	Habitual eating choices are usually the most difficult to break. Food choices are often made due to time, marketing, availability, or some emotional need, rather than eating the foods that the body physically needs. Participants will be provided with useful strategies for making healthy eating a habit.
Friday, May 10th 1:00– 1:30 PM	Webinar: The Price of Silence: How to Talk About Your Mental Health Click HERE for more information	If you're struggling with anxiety, depression, or a related concern, you know that's when you feel the least like discussing what you're going through. We'll offer input on the importance of sharing, strategies, and guidance in seeking support.
Wednesday, May 15th 12:00– 1:00 PM	Webinar: Social Security 101 Visit www.MMHG.org/Wellness for more information	A FREE workshop from Social Security. When are you eligible to receive retirement benefits? How does early retirement affect your benefits? Do you qualify for disability, survivors, and spouse benefits? How do you get the most from your benefit? What is the future of Social Security? When should you file for Medicare? What should I know as a municipal employee?
Wednesday, May 15th 1:00– 1:30 PM	Webinar: Work and Family Balance Click HERE for more information	Balancing work and family is an art that many people are continually trying to perfect each and every day. Picture an image of the person at the circus balancing ten plates, and when one plate wobbles, they all fall down. This session helps participants use their resources to their advantage so that they feel less stressed and more able to balance the time they have for work and family.
Wednesday, May 15th 1:00– 1:30 PM Tuesday, May 21st 12:00– 12:30 PM	Webinar: Raising Future Ready Kids- Resilience & Grit Click HERE for more information	Kids face challenges ranging from peer pressure to criticism and that's not going to change anytime soon. Future ready kids will need both resilience—the ability to bounce back from hard things—and grit—the ability to stick with difficult tasks. Learn to Live's clinical team shares proven strategies to help you support your kids in bouncing back from life's challenges for now and the future
Thursday, May 16th 11:00– 11:30 AM	Webinar: Caring Without Crumbing- Tools to Prevent Burnout Click HERE for more Information	Are you feeling like you're constantly running on empty, juggling caregiving responsibilities while neglecting your own well-being? It can feel like it's impossible to balance it all. The Learn to Live clinical team will discuss strategies to help you prevent caregiver burnout by learning how to challenge and reframe those persistent, draining thoughts that keep you trapped in the burnout cycle.
Wednesday, May 22nd 1:00– 1:30 PM	Webinar: Take a Deep Breath Click HERE for more information	Sometimes all you need is to just take a deep breath! One of the quickest and easiest tools to manage our stress is to utilize our breath. This session goes over the physiological health benefits of using our breath, various breathing techniques as well as the importance of respiratory health and keeping healthy lungs.
Wednesday, May 29th 1:00– 1:30 PM	Webinar: Healthy Sleep habits Click HERE for more information	Most Americans get less than the recommended 7-8 hours per night and suffer the consequences each day. This session helps participants understand the importance of sleep and how they may be able to fit in the recommended amount.
Wednesday, May 29th 3:00– 3:30 PM	Webinar: Why Do I Care So Much About What They Think? Click HERE for more information	Increased heart rate, sweaty palms, self-conscious thoughts, feeling isolated and lonely? Do you worry about other's judgement of you too much? You aren't alone. Break through your social anxiety and fear of other's judgement by learning evidence-based strategies to help you live more fully!

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May Health Tips & Links:

Add snake plants, pothos, or peace lilies to your living space for improved well-being. Their air-purifying qualities contribute to a healthier living environment by reducing indoor pollutants.

<https://www.rhs.org.uk/plants/types/houseplants/for-human-health>

A cluttered environment can harbor bacteria and boost stress. To maintain an organized living space, embrace the “one-in, one-out” rule: discard or donate an item with every new purchase.

<https://extension.usu.edu/mentalhealth/articles/the-mental-benefits-of-decluttering>

Be kind to your mind! Question assumptions behind negative thoughts and seek evidence that challenges unhelpful beliefs to develop a more balanced perspective.

<https://psychcentral.com/lib/cognitive-distortions-negative-thinking>

Grilling pineapple boosts bromelain, an enzyme that enhances protein digestion. Slice into rings, brush with honey or lime juice, then grill for three to four minutes per side until caramelized.

<https://www.organicfacts.net/health-benefits/fruit/pineapples.html>

May Recipe:

Spiced Turkey Pita with Pico de Gallo

Ingredients:

For the pico de gallo:

- 5 tomatoes, diced
- ¼ large onion, diced
- 4 tbsp cilantro, chopped
- ½ jalapeño pepper, chopped (deseed for a milder taste)
- 2 tbsp lime juice
- 2 cloves garlic, minced
- sea salt, to taste

2 ½ lbs (1.1 kg) turkey breast cutlets, cut ¼ in (0.5 cm) thick

- 1 tsp dried rosemary
- 1 tsp ground cumin
- 1 tsp sea salt
- 1 tsp black pepper
- 1 tsp hot paprika or cayenne pepper
- 1 tsp orange juice
- 4 tbsp extra virgin olive oil
- 8 whole pita breads
- 8 tbsp hummus
- 5.6 oz (160) dill pickles, thinly sliced

Serves 8

Prep & Cook Time 45 minutes

Total Time 45 minute



Instructions:

1. Pat the turkey cutlets dry and place into a 15 x 10 x 2 in (36 x 25 x 5 cm) baking dish.
2. Combine the rosemary, cumin, salt, black pepper, and hot paprika in a small bowl.
3. Drizzle the orange juice over the turkey cutlets and sprinkle the spice mixture over both sides of the turkey breast, rubbing it in with your fingertips. Drizzle 2 tablespoons of olive oil over the turkey, again coating both sides. Cover and refrigerate for at least 30 minutes or up to 2 hours.
4. Meanwhile, place all the ingredients for the pico de gallo in a large bowl. Mix well and season with salt to taste, then cover and refrigerate until ready to serve.
5. Preheat a grill pan over medium-high heat. Brush the grill rack with oil. Grill the turkey breasts until cooked through (around 4 to 5 minutes per side). Grill the pita breads until grill marks appear (about 2 minutes per side). Transfer the cooked turkey to a cutting board and cut crosswise.
6. To assemble the pita, smother the top with a tablespoon of hummus, then top with the sliced turkey, pico de gallo, and sliced dill pickle. Serve immediately.