

MMHG Wellness

October 2021 Schedule of Events

Visit www.mmhg.org/wellness



Date/Time	Event	Other information
September 13th– October 24th	Move More Fall Activity & Step Challenge Click HERE for more information	Move More is a 6 week team-based activity challenge with user friendly online tracking that helps you view your progress and your team's progress. It's easy to sign up and easy to use. Participants can win raffle prizes and team prizes!
Ongoing	Wellable On-Demand Fitness & Mindfulness/Meditation Classes 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 & Meditation Classes!
Ongoing	Abridged Health & Wellness Videos <i>View Anytime!</i> Click HERE for links.	Topics: <ul style="list-style-type: none"> • ALL ABOUT ANTIOXIDANTS & CANCER PREVENTION (23 MINUTES) • DETOXYFY YOUR DIET- CLEAN EATING FOR OPTIMAL HEALTH (20 MINUTES) • FOOD AND YOUR MOOD- YOU ARE WHAT YOU EAT INSIDE AND OUT (12 MINUTES) • THE TOOLS & TECHNIQUES THAT FOSTER SLEEP (25 MINUTES) • WOMAN'S HEALTH: FROM LIFE BALANCE TO HORMONE BALANCE (28 MINUTES)
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 <ul style="list-style-type: none"> • 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 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. Join us every Monday and Wednesday at 5:15 pm ET via Zoom (Harvard Pilgrim Living Well at Home).

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Ongoing Tuesdays & 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!
October 5, 12, 19, 26 6:00– 6:30 PM	Series: Tai Chi Click HERE for more information.	Known as “meditation in motion,” this low impact, slow motion exercise goes through a series of motions without stopping, focusing on the breath and bodily sensations. Tai chi can be easily adapted for any fitness level or body type.
October 7th , 1:00– 1:30 PM Or October 13th, 1:00– 1:30 PM	Webinar: Staying Refreshed & Preventing Burnout Click HERE for more information.	Do you ever feel like no matter how hard you try, you're still not thriving? If so, you're not alone and there is hope. While many of us feel that something is missing in our lives, recent studies show that 40% are actually feeling burnt out. In this webinar, Dr. Russ and the Clinical Team from Learn to Live share the powerful impact of discovering and living by your values. They offer practical insights about how to get past barriers that leave many of us feeling unfulfilled and drained.
October 7, 14, 21, 28 1:00– 1:30 PM	Series: Become a Better Runner Click HERE for more information.	This October, Harvard Pilgrim's Living Well at Home program is helping you become a better runner with FREE weekly webinars. Topics include stretching, resilience, nutrition for runners, and tips on “running the right way”.
October 4th 12:00– 12:30 PM	Webinar: Relaxed Joyful Living: Curbing Stress & Burnout Click HERE for more information	Do you want to feel lighter and more care-free? Join this webinar to learn powerful relaxation skills and thinking strategies that will calm the body and mind. Learn how to fend off the mental, emotional, and physical exhaustion we call “burnout.” Identify what you can change to restore your passion, purpose, power, and energy!
October 6th 1:00– 1:30 PM	Webinar: Making Lasting Connections Click HERE for more information.	This session looks at the building blocks to creating habits that may help you feel good.
October 12th 12:00– 1:00 PM	Webinar: Journaling for Self-care Click HERE for more information.	Empower yourself with tools for self-care in your journal. Learn the brain magic that allows you to write for deeper insights -- in a shorter bursts of writing! Prepare yourself to ooh and aah whether you are brand-new to journaling, or a life-long writer
October 12th 1:00– 1:30 PM	Webinar: Beyond the Jack-O-Lantern: The Wonder of Winter Squash Click HERE for more information.	Whether your favorite is pumpkin, butternut or acorn, winter squash is not only comforting and delicious but also a nutritional powerhouse. Learn about the many health benefits of a variety of winter squash and ways to incorporate them into your diet.
October 13th 12:15– 1:00 PM Or October 14th 2:15– 3:00 PM	Webinar: Building Social Wellness Click HERE for more information.	This webinar focuses on the importance of healthy relationships and how strengthening effective communication, fostering self-esteem, harboring a sense of belonging, and building community can improve wellbeing.

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October 13th 1:00– 1:30 PM	Webinar: Managing Stress Eating & “Procrastineating” Click HERE for more information.	Many of us feel worried, anxious and stressed, and one of the ways we cope with our stress is by eating, especially high-sugar, high-fat, processed food. While comforting in the short term, it’s unhealthy in the long term. This webinar will teach participants techniques and tips on how to manage stress eating as well as “procrastineating” (eating to procrastinate!). Don’t miss this informative, useful and fun session.
October 20th 1:00– 1:30 PM	Webinar: Forming Healthy Habits Click HERE for more information.	We all know what we should be doing to be healthy, so why aren’t we doing it? In this session, you’ll learn how habits are created, tips and tools to create better habits, and daily habits that impact health and happiness.
October 21st 12:00– 1:00 PM	Webinar: Gut Health- What you Need to Know Click HERE for more information	Learn About: <input type="checkbox"/> The secret formula to optimal GI health <input type="checkbox"/> The FODMAP diet, an eating pattern that has helped many cope with poor GI health <input type="checkbox"/> Safe exercises to help tighten your midsection
October 27th 1:00– 1:30 PM	Webinar: Healthy Halloween Treats Click HERE for more information.	Learn about the health benefits of pumpkin and how to use it to make delicious and healthy Halloween treats.



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