

Win a Journaling Kit!

Print, solve and return the completed puzzle to MMHG no later than **June 15th** and you'll be entered in a random drawing to win **one of 25 Journaling Kits!**

Complete the bonus below for a chance to win **one of 5- \$25 Gift Card Vouchers!**

Return your completed puzzle by:

Email-

wellness@mmhg.org

or FAX-

774-773-9403

or Mail-

MMHG

65 Cordage Park Circle

Suite 110

Plymouth, MA 0236

If you would like a printed copy of the puzzle mailed to you call **774-773-9306** or request by email at wellness@mmhg.org.

Your Name:

Email Address:

Member Unit:

Mailing Address (to send prize if you're a winner)

Eligibility: Raffle is open to all employees, retirees, dependents 18+ of MMHG member units. *Your member unit is the municipal entity (town, district etc.) you work(ed) for.

Winners will be notified by email on June 17, 2021

SOLVE THE MMHG WELLNESS PUZZLE



Herb Garden



This spring why not plant an herb garden in your backyard, in containers on the porch or deck, or in pots by a sunny window? Herbs are easy to grow and add nutrition and fresh flavor to your meals.

Puzzle Directions: Circle or highlight the herbs in the word search puzzle below. Words appear straight across, backwards, straight across, up and down, down and up, and diagonally.



BASIL

BAY LAUREL

BERGAMOT

CHAMOMILE

CHERVIL

CHIVES

CILANTRO

DILL

LAVENDER

LEMON BLAM

MARJORAM

MINT

OREGANO

PARSLEY

ROSEMARY

SAGE

STEVIA

TARRAGON

THYME

Bonus— answer for a chance to win a \$25 gift card!

⇒ Visit www.mmhg.org/wellness.

⇒ Click on the LEARN TO LIVE PROGRAM FLYER link.

⇒ What is one of the five **Learn to Live benefits** listed on the flyer?