



# Beneficial Wellness Newsletter

## Ready to Take Control of How You Eat and Feel this Summer?

### Discover how to eat right for YOU!

The [Savory Living](#) online program will guide you step-by-step to activate healthy eating to reduce signs of inflammation and take control of how you feel. You'll discover how to eat right for YOU and turn it into a lifestyle you love!

- ⇒ Use food as medicine— set and achieve YOUR goals
- ⇒ Get to your ideal weight, gain energy, reduce headaches, pain, digestive issues, and manage health conditions.
- ⇒ Learn easy ways to flavor & cook TONS of Healthy Foods!
- ⇒ Personalized to you. Includes a coach.
- ⇒ Self-paced. Runs 24X7. On any device.

### FREE MMHG Slots Available!

MMHG is pleased to offer members a limited number of free slots in the Savory Living 12-session program (a \$198 value)! Act soon as the promotion is first come first serve!

### Get Started Today!

Click [HERE](#) for frequently asked questions about the program.

Try the first session **FREE** (no gimmicks, contract or credit card needed).

Go to [savoryliving.com/mmhg](http://savoryliving.com/mmhg) to sign up.

### Bonus! Win a Gift Card!

Watch [session one](#) by August 31, 2022— we'll enter you into a raffle to win a **\$50 American Express Gift card!** Winner will be announced by email.



*"I'm so glad to have tried the program! I've learned to cook and enjoy vegetables in so many new ways. I'm learning to eat better, control sugar intake, reduce inflammation and I'm seeing results. Weight loss and lower cholesterol!"*  
- Patricia F.

### Hot Topic:

**Solve the MMHG Wellness Puzzle on page 6 for a chance to win a gift card!**

### New for FY23:

**BCBS plans—** At home fitness equipment was added to the up to \$300 fitness reimbursement benefit beginning July 1st!

### Health Tip:

Do you live a holistic life? Holistic health is when emotional, mental, spiritual and physical elements come together for a happy and balanced life.

## MMHG Wellness



**August 15th – September 25th**

Wealth is traditionally thought of as an abundance of money, but that's not necessarily the case. To be wealthy is to be financially well, and this differs for every person as financial well-being is:

- ⇒ A state in which a person can fully meet current and ongoing financial obligations.

- ⇒ Feel secure in their financial future, and be able to make choices that allow them to enjoy life.

This looks different for everyone!

Through educational videos and encouragement of practical exercises, the online [MMHG Wellness Wealth Challenge](#) helps participants learn how to sharpen their skills for managing finances to reduce related stressors and achieve a positive state of financial well-being. Participants can also track activity and win raffle prizes!

**Weekly Raffle Prizes: \$25 Gift Card Voucher**

**Grand Prize Raffle Prizes: 4- \$50 American Express Gift Cards**

Click [HERE](#) for registration and prize details. Challenge is free and open to all employees and their dependents 18+ from all MMHG member units.

### Inside this issue:

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## Financial Wellness Resources

### Webinar Recording:

[Be Your Own CFO](#)

### Great Web Resources:

[MyFinancialLifeMA.org](http://MyFinancialLifeMA.org) (a free digital learning experience through the MA State Treasurer's Office).

[Money Management Tips for Older Adults](#)

(From the National Council on Aging).

[Monitoring your credit Report](#)

(From the office of MA Attorney General)

[Plymouth County Retirement Association](#)

# Healthcare IQ Corner: How to be a Savvy Consumer



*The Healthcare IQ Corner is a regular feature of the MMHG Beneficial Wellness Newsletter. With medical costs continuing to rise, consumers are challenged more than ever to make informed decisions about their healthcare.*

**The internet makes finding health information easy and fast. Make sure you're a savvy consumer.**

Much of the information on the internet is valuable; however, the internet also allows rapid and widespread distribution of false and misleading information.

You should carefully consider the source of information you find on the internet and discuss that information with your healthcare provider. This [fact sheet](#) from the **National Institutes of Health** can help you decide whether the health information you find on the internet or receive by email, text, or social media is likely to be reliable.

## How To Evaluate Health Information on the Internet

Here are some key points:

- Online resources, such as websites and social media sites, should make it easy for you to learn who is responsible for the site and its information.
- If the person or organization in charge of a website did not write the material, the website should clearly identify the original source of the information. For social media sites, it is also important to consider whether the source of the posted content is reliable.
- Health-related websites should give information about the medical credentials of the people who have prepared or reviewed the material on the site.
- Any site that asks you for personal information should explain exactly what the site will and will not do with that information.
- The U.S. Food and Drug Administration and Federal Trade Commission are federal government agencies that help protect consumers from false or misleading health claims on the internet.

Content Source:



The following sources have more information on evaluating health information on the internet:

[\\*Finding and Evaluating Online Resources \(National Center for Complementary and Integrative Health\)](#)

[\\*Evaluating Internet Health Information: A Tutorial From the National Library of Medicine \(National Library of Medicine\)](#)

[\\*Evaluating Health Information \(National Library of Medicine\)](#)

[\\*Health Information on the Web: Finding Reliable Information \(American Academy of Family Physicians\)](#)



## Information for MMHG Subscribers

You are required to notify your employer within 30 days of the following life events:

- Change of address
- Divorce/Remarriage
- Marriage
- Birth/adoption/legal guardianship
- Dependent loss of status as a dependent (except for turning age 26)
- Medicare eligibility of yourself or of a dependent

**Important tips for everyone:**

- Take time to read carefully all correspondence from your benefits coordinator. If a response or action is required take note of deadlines.
- Learn about your health plan. Ask your benefit coordinator or visit [www.mmhg.org/benefits](http://www.mmhg.org/benefits) for plan information.
- Download the [Blue Cross Blue Shield member app](#) or the [Harvard Pilgrim member app](#).
- Visit [www.mmhg.org](http://www.mmhg.org) for a calendar of wellness events and more.

**Important tips if you're enrolled in Medex/Blue Medicare RX:**

- Medex and Medicare primary subscribers/dependents must continue to pay their Part B premium to be eligible for coverage.
- **DO NOT** voluntarily enroll in another Medicare Part D plan because it will cancel your enrollment in your current MMHG Medex 2/ Blue Medicare RX PDP plans.



# LEARN TO LIVE BULLETIN

*Your guide in wellness & mental health*

## Talking with Teenagers about Mental Health

**22% of people between the ages of 13-18 will experience a mental health or substance use challenge every year<sup>1</sup>**



Talking to your teenager (or a teenager you know) about, well, anything, can be difficult. As conversations around mental health become more common, we must consider the mental health of everyone – especially teens. The more normal we make conversations about thoughts, emotions, and life challenges the easier having these conversations will get. And we know that one conversation can be pivotal when it comes to getting a young person facing a mental health challenge the help they may need.

**Here are some tips to make having these conversations a bit easier<sup>2</sup>:**

**Be genuine.** Use your words and actions to show them that you are in their corner, and not there to punish them. It is important that they realize you care about what they are going through, even if you feel uncomfortable or do not think their problem is that significant. Try to empathize with their feelings to not discourage your teen from coming to you for help in the future.

**Allow for silence.** This may be hard at first, but it is crucial that you allow your teen to express themselves in their own words. Avoid “filling in the blanks” with what you think they will say next or how you think they may feel. This discourages teens from sharing their full experiences, and you may miss the full picture from their point of view. Apologize if you catch yourself jumping in or cutting them off and restate your desire to hear what they have to say.

**Prepare to be an advocate.** Support your teen as you are able — take them to appointments, give them space and privacy to attend virtual appointments or support groups, or continue to have that open dialogue to make sure they are on the right track. It is also important for parents to seek their own support to ensure that you are staying healthy too.

## Learn the signs.

Watch for changes in moods – anger, sadness, irritability. Behavior – sleeping or eating more than usual, acting out or withdrawing from friends and family, taking drugs, and alcohol, and decreased interest or involvement in things they used to do. Feelings – loneliness, insecurity, hopelessness, or thoughts of suicide. Pain – headaches, stomach aches.

## Resources to help.

Consider online resources for your family – Learn to Live offers confidential, self-paced Cognitive-Behavioral Therapy (CBT) tools on many topics – Stress, Anxiety and Worry; Insomnia; Depression; Social Anxiety; and Substance Use. These evidence-based programs are designed for sufferers ages 13 and older and use the same tools as in-person therapy. A 5-minute mental health assessment is available – get knowledge and information immediately. Visit [learntolive.com/partners](https://learntolive.com/partners) and enter code **MMHG** for your no-cost resources today

<sup>1</sup> [mentalhealthfirstaid.org/2017/06/5-tips-talking-teenager/](https://mentalhealthfirstaid.org/2017/06/5-tips-talking-teenager/)

<sup>2</sup> <https://www.mhanational.org/talking-adolescents-and-teens-starting-conversation>



STRESS, ANXIETY & WORRY | SOCIAL ANXIETY  
| DEPRESSION | INSOMNIA | SUBSTANCE USE





# Have You Tried Wellable On-Demand Fitness?



Did you know you can work out your way, whenever and wherever you want, with access to [Wellable On-Demand Fitness Classes](#)?

Whether you are a fitness buff, newbie, or anywhere in between, having easy access to high-quality, ad-free, instructor-led workouts is a great way to help you prioritize your health.

## MMHG Benefit

All employees/retirees/dependents of MMHG member units get FREE, unlimited access to Wellable On-Demand Fitness 24/7 via computer, tablet or smart phone!

## Endless Variety

Pilates, desk exercises, yoga, HIIT, barre, boxing, kickboxing, cardio, prenatal & postnatal, strength training, Tabata, dumbbell & kettlebell, core, low impact, mobility, and more!

New content is continuously being added. Once you've accessed the On Demand platform click on "New Classes" to see the latest additions to the on-demand fitness library.

## Bonus Content

Classes in mindfulness & meditation, sleep stories and healthy meal prep resources and recipes are also available on the On-Demand platform.

## World-Class Instructors

Wellable On-Demand workouts are led by dozens of renowned fitness instructors from across the globe like AJ Perez (boxing), Frances Flores (yoga), Joshua Al-chamaa (CrossFit), Natalie Raitano (bootcamp), Natalie Yco (cardio), Vinnie Salemno (HIIT) and many more!

## Searchable Selection

Filter by category, difficulty, duration, and more with the Class Finder feature to find a workout that fit your schedule, personal preferences, and fitness goals.

*IMPORTANT: Always check with your health care provider before beginning any new exercise program.*

## How to Get Started:

Click [HERE](#) (<https://app.wellable.co/On-Demand>). The access code is: **MMHGWellness**

Or create a MMHG/Wellable Account at: <https://app.wellable.co/mmhg>. Once you've successfully registered you'll receive an email with instructions on logging into your MMHG/Wellable account. Once logged in click on the **ON DEMAND** link.

Or if you already have a MMHG/Wellable Account, [log in](#), and click on the **ON DEMAND** link.

Tip: Once you have a MMHG/Wellable account, download the Wellable App (iOS, Google Play).

## 2 New Webinar Series: Intuitive Nutrition & Mindfulness



**Good news!** It's not too late to register for two new MMHG Wellness webinar series: [Intuitive Nutrition](#) with Nicole Cormier from [Delicious Living Nutrition](#) and [Mindfulness](#) with Christine O'Shaughnessy from Harvard Pilgrim's [Mind the Moment](#) program.

The two series began in June and classes are being conducted monthly via Zoom and will continue through the fall months.

Each monthly webinar from both series is on a different topic and can stand alone. Click [HERE](#) for schedule, descriptions and registration information for the [Intuitive Nutrition](#) series and [HERE](#) for the [Mindfulness](#) series.

If you can't make the live webinars, recordings and class materials are available by sending an email to [wellness@mmhg.org](mailto:wellness@mmhg.org).

Each week, take a few time-outs for yourself to reduce stress and improve your well-being. Some suggestions:

 <b>WALK OUTSIDE AND GAZE AT THE CLOUDS</b> Let your mind playfully wander.	 <b>INHALE A SCENT YOU LOVE</b> Linger on the fragrant aroma.	 <b>DO A MINI-DECLUTTER</b> Organize a drawer that's been bugging you.
 <b>TAKE A DIFFERENT WAY TO WORK</b> Get out of your rut. See things anew.	 <b>TREAT YOURSELF</b> Give yourself something special. Go on, you're worth it.	 <b>UNPLUG AND UNWIND</b> Turn off the cellphone and reconnect with yourself.

#DeStressMonday      DeStressMonday.org      **DeStress MONDAY**

## Thinking About Quitting?

**The EX Program Helps Smokers, E-cigarette Users, and Smokeless Tobacco Users Quit!**

**MMHG Wellness is proud to offer a confidential and proven opportunity for members looking to quit smoking for good.**

The **EX Program** is a **FREE**, confidential, digital tobacco cessation 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.

The **Ex Program** includes a personalized quit plan, live chat coaching, an active online community, text messages, and nicotine patches, gum, or lozenges (delivered free to your home).

Find out more at [HERE](#) or at [www.MMHG.org/wellness](http://www.MMHG.org/wellness)



## MMHG Wellness— Current & Upcoming Programs

Here's a list of some of the virtual MMHG Wellness programs that can be easily accessed using your computer, tablet, or smart phone. MMHG Wellness programs are **FREE** and open to employees, retirees & dependents of MMHG member units.

Visit [www.MMHG.org/wellness](http://www.MMHG.org/wellness) for description/registration details and be sure to check back often as new programs are added all the time.

### Ongoing Programs:

#### **On Demand Fitness**

FREE 24/7 access to professionally filmed fitness classes with top fitness trainers.

#### **Learn to Live**

Free & confidential online mental health program.

#### **Savory Living**

12 session online, evidence-based, healthy eating food as medicine program. *First 20 get it FREE.*

#### **EX Program**

FREE online smoking cessation program.

#### **Virtual Mindfulness Sessions**

Tuesdays, Wednesdays & Thursdays, 8:30– 9:00 A.M. *Ongoing*

### Online Challenges:

Wealth Challenge (August 15th– September 25th)

*~Programs are subject to change, cancellation, and participation may be limited due to eligibility, space and/or budget.  
~Reminder: Always check with your health care provider when beginning a new exercise or diet program.*

### Live Virtual Fitness Classes:

#### **Yoga**

Mondays & Wednesdays, 5:15– 6:15 P.M. *Ongoing*

#### **Zumba**

Tuesdays and Thursdays, 5:15– 6:15 P.M. *Ongoing*

### Webinars:

Seafood 101 (August 8th, 12:00– 12:30 p.m.)

Mindful Communication (August 9th, 12:00– 1:00 p.m.)

Delicious & Healthy Cookouts (August 10th, 1:00– 1:30 p.m.)

Intuitive Nutritional Fundamentals (August 18th, 12:00– 1:00 p.m.)

Charcuterie/Snack Boards (August 18th, 1:00– 1:30 p.m.)

Tools for Time Management (August 18th, 4:00– 4:30 p.m.)

Relaxed, Joyful Living (August 24th, 1:00– 1:30 p.m.)

The Power of Play (August 31st, 1:00– 1:30 p.m.)

## Create your own Healthy Snack Board

A snack board is a platter filled with a variety of bite sized foods, dips and other snackable items. Similar to a charcuterie board, which is traditionally made up of cured meats, cheeses and pickles, a snack board is usually less fussy and only limited by your imagination!

You can create a healthy snack board for one or for a crowd and it can be served as an afternoon snack, when entertaining, or in place of a meal. A nutritious snack board composed of healthy dips, lean protein and plenty of fruits and vegetables can be perfect as a simple lunch or dinner on a hot summer day when you don't feel like cooking or want something light.

### **Creating your Snack Board**

1. Select a serving board, plate or platter. The size of the board will depend on how big you want the snack board to be or how many people you are serving.
2. Add structure to your board with small bowls for dips, salsa, nuts, roasted chickpeas etc.

3. Arrange larger items like whole grain crackers/ hearty bread, low fat cheese, lean meat and hard boiled eggs around the small bowls.

4. Fill the board using plenty of cut up colorful fresh vegetables and fruit. Olives and pickles add lots of flavor, Dried fruits and nuts work great too. Have fun creating your very own edible work of art!

### **Healthier Snack Board Ingredient Ideas**

**Dips & Spreads:** Hummus, fresh salsa, Greek yogurt & dill dip, chutneys, guacamole, mustards. Include whole grain crackers, pita triangles, and slices of hearty bread.

**Fruits and Vegetables:** Grapes, berries, sliced pears, carrot & celery sticks, cherry tomatoes, cucumber slices, radishes, red, green and yellow bell pepper slices, cauliflower and broccoli florets, small boiled potatoes, endive.

**Proteins:** Hard boiled eggs sliced in half, nuts, cooked shrimp, cubes of seasoned tofu, chunks of plant based sausage, smaller servings of low fat & low sodium deli meats.



**Cheeses:** Choose a couple of varieties of soft and hard cheeses to anchor the board. Try brie, goat cheese, cheddar, fresh mozzarella, swiss, or parmesan.

### **Webinar: Charcuterie & Snack Boards**

**Wednesday, August 17th, 1:00– 1:30 p.m.**

In this demo, you'll learn how easy it is to throw together a beautiful snack (charcuterie) board. We'll provide you with a step-by-step way to help recreate your own delicious spread, including the best platters/dishes to use, suggested food pairings and how to artfully arrange it all. You'll be sure to impress family and friends with your creations! Click [HERE](#) for information on joining the live webinar.

## Win a Snack Board To-Go Kit!

Print, solve and return the completed puzzle to MMHG no later than September 15th and you'll be entered in a random drawing to win **one of 5 Snack Board To-Go kits**. This kit provides you with your own snack board and tips to create your own modern day no fuss snack tray! See page 5 for healthy snack board ideas.

**Complete the bonus below for a chance to win a \$50 gift card voucher!**

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 September 16th.**

## SOLVE THE MMHG WELLNESS PUZZLE

### Farmers Market Bounty

No matter where you live a [Massachusetts farmers' market](#) is not too far from you. Visit a local farmers' market this summer where you can find fresh, locally grown produce and other foods and specialty products. As a bonus you'll be supporting local agriculture and artisans!

Solve the *Farmers' Market Bounty* puzzle for a sampling of the kinds of products you'll find at your local market— *and you'll get a chance to win a raffle prize!*

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



VEGETABLES

EGGS

BAKED GOODS

CRAFTS

FRUITS

FLOWERS

MEATS

SAUCES

HERBS

JAMS

POULTRY

COFFEE

HONEY

ARTISAN BREADS

SEAFOOD

MUSHROOMS

### **\*\*BONUS\*\* Poll**

**What's your Favorite Locally Grown Summer Vegetable?**

☐ Fresh Corn

☐ Tomatoes

☐ Summer Squash

☐ Other: \_\_\_\_\_

Select one or write in your favorite (other) for a chance to win a \$50 gift card voucher. We'll share poll results in the next newsletter!





# Healthy, No-Cook Summer Recipes



## Mango Raspberry Coconut Pops

Makes 8 popsicles

### Ingredients

- 1 cup (250g) frozen raspberries
- 1 cup (140g) frozen mango
- 1 cup (235g) + 1 ½ cup (350g) coconut yogurt
- 2 tbsp. maple syrup
- ½ tsp. vanilla extract
- 2 tbsp. maple syrup

### Preparation

1. Blend the frozen mango, raspberries, maple syrup and 1 cup of coconut yogurt in a blender until smooth. Set aside.
2. In a separate bowl, mix the 1½ cups of coconut yogurt, maple syrup, and vanilla extract. Set aside.
3. Take the popsicle molds and layer the coconut yogurt and blended raspberry mango mixture into the molds. Place in the popsicle sticks and freeze for between 6 and 8 hours. Run warm water over the popsicle mold for easy removal.



## Mexican Bean Salad

Serves 4

### Ingredients

- ¼ cup (25g) jalapeño peppers, from jar, finely chopped
- 1 lime, zest and juice
- 1 ½ tbsp. maple syrup
- 1 cup sweetcorn kernels (removed from cob)
- 14 oz. (400g) can kidney beans, drained and rinsed
- 6 radishes, sliced
- 1 ripe avocado, sliced
- salt & pepper

### Preparation

1. Place the jalapeño peppers, lime zest, lime juice and maple syrup into a small bowl. Whisk to form a dressing and season to taste with salt and pepper.
2. Place the kidney beans in a colander and rinse under cold running water. Drain well.
3. Mix the dressing with the sweetcorn, beans and radishes in a bowl. Top with the avocado and serve with additional lime wedges (optional).



## Chickpea Sandwiches

Serves 2

### Ingredients

- 1 cup canned chickpeas, drained
- 1 tbsp. tahini or mayonnaise
- 1 tsp. Dijon mustard
- 2 tsp. maple syrup & 2 tsp. sriracha sauce
- ½ small red onion, diced
- salt & pepper
- 4 slices whole wheat bread
- 2 lettuce leaves
- 1 tomato, sliced

### Preparation

1. Place the chickpeas in a bowl and mash with a fork, leaving some of the chickpeas a little chunkier for added texture. Add the tahini or mayonnaise, mustard, sriracha, maple syrup, onion and season with salt and pepper. Mix well to combine.
2. Toast the bread and spread the chickpea mixture onto two slices. Top the chickpea mixture with lettuce and sliced tomato. Now cover with the second slice of toasted bread and serve immediately.



## No Cook Zucchini "Noodle" Salad

Serves 8 (Side Dish)

Recipe: [Wholefoods Market](#)

### Ingredients

- 3 tablespoons extra-virgin olive oil
- 2 tablespoons white wine vinegar
- 2 tablespoons finely chopped fresh marjoram or oregano
- ¾ teaspoon fine sea salt
- 1 ¼ teaspoon ground black pepper
- 2 pounds zucchini and/or yellow summer squash
- 1 (4.0-ounce) jar pimientos, drained

### Preparation

1. In a large bowl, whisk together oil, vinegar, marjoram, salt and pepper until blended.
  2. Using a vegetable peeler or mandolin, cut squash lengthwise into long, thin "noodles". Rotate squash as you peel and discard seedy core.
  3. Add squash to dressing in the bowl along with pimientos and toss to combine.
- Serve immediately or allow to marinate for 15 minutes.



The information contained in this newsletter can be used to increase your personal awareness of health and wellness.

Always contact your health care provider before beginning a new exercise or nutrition program, and when you have questions and concerns about medical issues impacting you and your family.

**MAYFLOWER MUNICIPAL  
HEALTH GROUP**



65 Cordage Park Circle,  
Suite 110  
Plymouth, MA. 02360

## Smart Shopper Rewards Program

Eligible BCBS members enrolled in active non—Medicare plans can earn up to \$250 when they shop for certain health services (like colonoscopy or mammography) in an effort to choose a high quality lower cost provider.

For details go to [www.mmhg.org](http://www.mmhg.org) and click on

[Smart Consumer Programs](#)

### **Harvard Pilgrim Members:**

Harvard Pilgrim's online wellness program offers you access to health resources, wellness workshops, tracking tools and more! Get started today at:

[www.harvardpilgrim.org/wellnessaccount](http://www.harvardpilgrim.org/wellnessaccount)

### **Blue Cross Blue Shield Members:**

The ahealthyme website is your own personal wellness planner and resource for health information. Get started today at:

[www.bluecrossma.com/ahealthyme](http://www.bluecrossma.com/ahealthyme)



## Let's figure it out together.

We know life can feel complicated. That's why we've developed a full range of digital programs to help you examine any behaviors that might be holding you back. Take our 5 minute assessment to find the program that's right for you.

Disponible en Español

**Scan to download  
the Learn to Live App!**

Log-in or Register as a new user  
and enter **MMHG**



#### **DIGITAL MENTAL HEALTH PROGRAMS FOR:**

STRESS, ANXIETY & WORRY • DEPRESSION • SOCIAL ANXIETY • INSOMNIA • SUBSTANCE USE

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Follow us on Instagram

#### **MAYFLOWER MUNICIPAL HEALTH GROUP CONSISTS OF THE FOLLOWING TOWN/GOVERNMENTAL UNITS:**

Bridgewater ~ Brockton Area Transit Authority ~ Carver-Marion-Wareham Regional Refuse Disposal District ~ Dartmouth Fire District No. 3 ~ Greater Attleboro  
Taunton Regional Transit Authority ~ Greater New Bedford Regional Refuse Management District ~ Halifax ~ Hanover ~ Hanson ~ Hull ~ Kingston ~ Marshfield ~  
Norfolk County ~ North River Collaborative ~ Onset Fire District ~ Pembroke ~ Plympton ~ Plymouth County ~ Plymouth County Retirement Association ~ Rochester  
~ Silver Lake Regional School District ~ Southeastern Regional Transit Authority ~ South Shore Educational Collaborative ~ South Shore Regional Emergency  
Communication Center ~ South Shore Regional School District ~ Southfield Redevelopment Authority ~ Wareham ~ Wareham Fire District ~ West Bridgewater ~  
Whitman ~ Whitman-Hanson Regional School District ~