

WIN A *Sustainability* TO-GO KIT !

Print, solve and return the completed puzzle to MMHG no later than **June 5th** and you'll be entered in a random drawing to win **one of four— Sustainability to-go Kits**. This kit includes items to help reduce your carbon footprint: a set of wool dryer balls, a reusable silicone food storage pouch, an eco-friendly sponge and beeswax paper, all packaged in a recycled cotton drawstring bag.

BONUS: Complete the poll below for a chance to win a \$50 gift card voucher!

Return your completed puzzle via:

Email-

wellness@mmhg.org

or FAX-

774-773-9403

or Mail-

MMHG

PO Box 6008

North Plymouth, MA 02362

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 at or retired from.

Winners will be notified by email on June 6th.

Winter and Spring Puzzle Raffle Winners will be published in the Summer Newsletter.

SOLVE THE MMHG WELLNESS PUZZLE

Celebrate Earth Day!

Monday, April 22, 2024

[Earthday.org](https://www.earthday.org) founders organized the first Earth Day in 1970. Since then Earth Day has been commemorated annually all over the world. This year's Earth Day theme, [Planet vs. Plastics](#) seeks to change human attitudes and behavior toward plastics and reduce plastic pollution. How can you reduce the use of plastics in your day to day life?

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.



Biodiversity

Compost

Conserve

Earth

Ecosystem

Energy

Environment

Green

Habitat

Ocean

Organic

Planet

Reduce

Refuse

Reuse

Recycle

Remove



****BONUS** Poll**

How are you limiting your use of single-use plastics?

- ☐ I Bring Reusable Bags for Shopping
- ☐ I Carry a Reusable Water Bottle
- ☐ I Avoid Plastic Plates, Cups, Straws, bags etc.
- ☐ Other: _____

Select all that apply and/or write in (other) for a chance to win a \$50 gift card voucher. We'll share poll results in the summer newsletter!