



***MMHG Wellness Presents:***

## **All About Antioxidants & Cancer Prevention**

**A Nutrition Awareness Abridged Video**  
***View anytime!***

Watch and learn:

- ♦ Antioxidants' role in disease prevention
- ♦ Seasonal super foods to improve immune function
- ♦ Superstar fruits and vegetables to incorporate into your diet for optimal health

**CLICK HERE TO WATCH**

Or at Link:

<https://vimeo.com/485681309/24b4124cde>

This 23- minute abridged video is free and available for a limited time to all Mayflower Municipal Health Group (MMHG) member unit employees, retirees & dependents to view at their convenience.

Visit [www.mmhg.org/wellness](http://www.mmhg.org/wellness) to find more abridged wellness videos and a full calendar of wellness programs and events.