



MMHG Wellness Presents:

Detoxify your Diet:

Clean Eating for Optimal Health

A Nutrition Awareness Abridged Video

View anytime!

Watch and learn:

- Preparing healthy, energy saving meals
- How to decrease carbon footprints through simple lifestyle changes
- Selecting seasonal sustainable foods and products

CLICK HERE TO WATCH

Or at link:

<https://vimeo.com/546477801/112987c140>

This 20- 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 to find more abridged wellness videos and a full calendar of wellness programs and events.