



***MMHG Wellness Presents:***

**Women's Health:**

**From Life Balance to Hormone Balance**

**A Nutrition Awareness Abridged Video**

***View anytime!***

Watch and learn:

- ♦ How to bring balance, health and happiness to life through mindfulness and optimal nutrition
- ♦ Key areas of women's health with a focus on hormonal imbalances and their effects on chronic and acute disease
- ♦ What can be done to prevent and manage such imbalances

**CLICK HERE TO WATCH**

Or at link:

<https://vimeo.com/545058445/ff17282b7d>

This 28- 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.