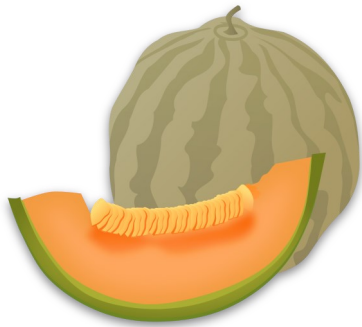


HP Living Well at Home/ MMHG Wellness FREE Webinar

Cooking Demo with Melons



Wednesday, July 20th

1:00– 1:30 p.m.

Attend this FREE webinar from your computer, tablet, or smartphone!

Melons pack a nutritional punch, loaded with Vitamin C, potassium, B vitamins and keep you hydrated!

Learn how to incorporate melon into your summer meals!

No need to register in advance. Join the virtual workshop by clicking on the “Join this Session” link for the webinar at the Harvard Pilgrim Living Well at Home with Virtual Classes Website on 7/20/2022 at 1:00 PM

<https://www.harvardpilgrim.org/myoptions/coronavirus-your-guide-to-care/living-well-at-home-with-virtual-wellness-classes/>

You will be able to access this webinar immediately if you have Zoom downloaded on your device. If you have not downloaded Zoom, this link will take you to Zoom’s home page to download this tool.

This webinar is free and open to all Mayflower Municipal Health Group (MMHG) member unit employees, retirees & dependents.

By opening this zoom meeting/link, you agree that this meeting is being sponsored by Harvard Pilgrim Health Care, Inc. and/or its Affiliates (“Harvard Pilgrim”), Harvard Pilgrim shall not at any time or to any extent whatsoever be liable, responsible or in any way accountable for any loss, injury, or damage to be suffered or sustained by any person at any time in connection with or as a result of this class. I hereby release Harvard Pilgrim, its affiliates, subsidiaries, divisions, directors and employees from any and all legal claims arising out of, in connection with or in any way related to my participation in this class.