

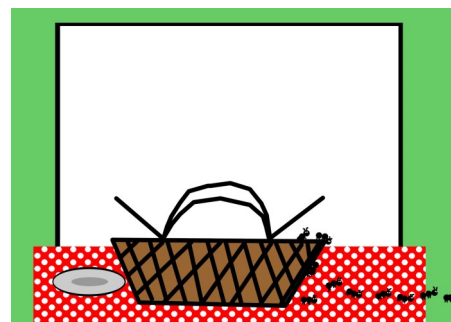
HP Living Well at Home/ MMHG Wellness FREE Webinar

# Delicious and Healthy Cookouts

**Wednesday, August 10th**

**1:00– 1:30 p.m.**

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



Whether you're hosting a cookout with friends in the park or in a backyard this summer, you'll want to make sure you have a menu that's filled with impressive, good-for-you dishes and beverages. It's quite easy to end up overindulging and regretting it, but armed with the right recipes, you can stay right on course to healthy and happy eating, all summer! Learn the tips and tricks in this delicious session.

**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 8/10/2022 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.