



MMHG Wellness Presents:

DITCH THE DIETS
A Nutrition Awareness Webinar

Tuesday, March 19th
12:00p.m. – 1:00p.m.

Attend and be entered into a drawing to win a \$25 Gift Card. Two winners will be chosen from the event!

Learn about...

- The truth about diets and stopping the Diet Cycle
- How to identify a FAD diet
- Health risks of popular diets and how to take a healthier, long-term lifestyle approach

Can't make the live webinar? Register anyway to receive a link to a recording of the class available after the live virtual event.

CLICK [HERE](#) TO REGISTER

To test the software prior to this event, go to:

<https://zoom.us/test>

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