

# **FREE MMHG Wellness “Lunch & Learn” WEBINAR**

## **Environmental Wellness**

### **3 Opportunities to Participate:**

**Tuesday, April 9th**

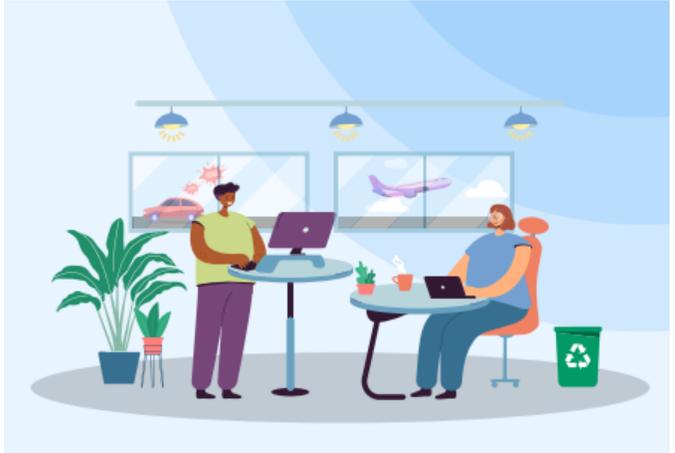
**10:15– 11:00 AM**

**Or Wednesday, April 10th**

**12:15—1:00 PM**

**Or Thursday, April 11th**

**2:15– 3:00 PM**



This webinar explores how residing in pleasant, stimulating environments promotes well-being and inspires positive changes in your home, community, and the planet.

**Understand  
the impact  
of indoor  
air quality  
on health**

**Discover  
how biophilic  
design and  
ergonomics  
support well-  
being**

**Learn ze-  
ro waste  
principles  
to protect  
the planet**

**Click [HERE](#) to Register**

After registering you will receive a confirmation email containing important information about the webinar and how to join via your personal computer or mobile device.

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