

HP Living Well at Home/ MMHG Wellness FREE Webinar

Meal Planning

Wednesday, September 14th

1:00– 1:30 p.m.

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



Wondering what to make for your next meal? Wondering where to start? Join this webinar where we'll discuss the steps needed to determine what's for lunch or dinner! We will be addressing menu planning, grocery shopping, and making nutritious meals that are quick and easy!

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 9/14/2022 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.

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