



MMHG Wellness Presents:

**Disease Prevention & Metabolic
Syndrome: Are You at Risk?**
A Nutrition Awareness Webinar

Monday, February 5th
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...

- What is Metabolic Syndrome?
- What are the risk factors?
- How to manage or prevent these conditions to reduce overall health risks

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.**