

MMHG Wellness Presents:

FREE LIVE WEBINAR

Power of Prevention

**Attend one of the 2 scheduled live webinars on
March 20th for a chance to win one of 2- \$25 gift cards!**



**Friday, March 20th at 12:00– 1:00 PM
or Friday, March 20th at 2:30– 3:30 PM**

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

*A recording of the webinar will be available to
view beginning Monday, March 23rd at
www.mmhq.org/wellness.*

Disease prevention is extremely important when it comes to staying healthy and avoiding getting sick. This presentation focuses on the practicing proper hygiene and taking steps to keep your immune system strong.

It's Easy to Register:

Click [HERE](#) or go to this link:

<https://register.gotowebinar.com/rt/4883771571456450317>

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.