

HP Living Well at Home/ MMHG Wellness FREE Webinar

# Summertime Smoothies with Berries

**Wednesday, July 27th**

**1:00– 1:30 p.m.**

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



Learn how to make refreshing, nutrient-packed drinks perfect for an easy breakfast or thirst-quenching snack.

**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 7/27/2022 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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