

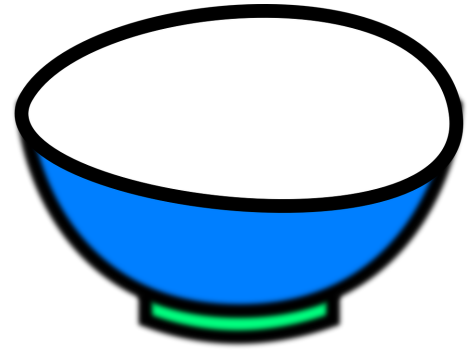
HP Living Well at Home/ MMHG Wellness FREE Webinar

Summertime Soups

Wednesday, July 6th

1:00– 1:30 p.m.

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



People talk about how delicious and belly-warming soup is in the colder months of fall and winter, but these summer soup recipes prove that soup can be perfect any time of year! Summer soups are usually lighter and made with plenty of garden-fresh vegetables or fruits. Pair them with a salad full of leafy greens, or a cold sandwich, and you have a perfect summer meal. Join us for Summer Minestrone Soup and Spicy Watermelon Gazpacho.

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 7/6/2022 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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