

MMHG Wellness Presents:

Wellable Live— *A New Digital Service*

Working from home can make it hard to prioritize your health, which is why we're providing all employees/retirees and dependents of MMHG member units with free access to **Wellable Live** beginning Monday, March 30th.

Wellable Live is a digital service designed specifically for the current environment. It delivers new programming, from fitness classes to guided meditations to lifestyle sessions, each and every weekday.

Events will take place at **12 Noon Monday through Friday**, will last 30 minutes, and are a great way for you and your loved ones to stay healthy at home.

You will be able to live-stream each session or [watch on-demand recordings](#) from your computer, tablet, or smartphone at your convenience. Below is the schedule for the first week of programming. We'll share future schedules of events through MMHG Wellness email updates and post at www.mmhg.org/wellness.

- ⇒ To join LIVE STREAM events click [HERE](#) at the scheduled time (M-F at 12 Noon)
- ⇒ To view on-demand recordings of events click [HERE](#) (you will be able to access the on-demand recordings within 24 hours of the live event)

Date	Time	Instructor	Event
Monday May 25	12 EST	Leslie Blanniforti	<u>Cardio Blast</u>
Tuesday May 26	12 EST	Cara Bednar	<u>Core Sculpt</u>
Wednesday May 27	12 EST	Ritu Niroula	<u>Mindful Meditation</u>
Thursday May 28	12 EST	Leslie Blanniforti	<u>Strength & Conditioning</u>
Friday May 29	12 EST	Erika Fritz	<u>Rejuvenating Yoga</u>

Access to **Wellable Live** is FREE and available to all employees, retirees and dependents of Mayflower Municipal Health Group member units. Always contact your health care provider before beginning a new exercise or nutrition program, and when you have questions and concerns about medical issues impacting you and your family.