

# Mayflower Municipal Health Group

## Beneficial Wellness Newsletter

ISSUE 11

SUMMER 2015

### HOT

#### TOPICS:

Follow us on [Facebook](#) & [Twitter](#)

Like us on Facebook now through the end of August and be entered in a drawing to win one of 5 Salad Shakers

Coming Soon!  
(stay tuned for details):

Regional Work /Life Balance Seminar 9/21/2015 in Norwell

\*The MMHG Fall Walking Challenge Begins 9/15/2015!

#### INSIDE THIS ISSUE:

Know Your Numbers	2
Solve the MMHG Puzzle!	4
Farm Fresh Nutrition	8
Passport to Wellness Winners Announced	9

## MMHG Members Walk 35,344 Miles!

### Spring Walking Challenge a Success!



MMHG Spring Walking Challenge 2015

Congratulations to all participants in the MMHG Spring Walking Challenge. Over 300 walkers logged a total of 35,344 miles over 6 weeks—a new MMHG Walking Challenge record!

Keep your sneakers handy and walk often! Walking for exercise at least 150 minutes a week can strengthen your heart, reduce your risk of diabetes, lower your cancer risk, help you control your weight and improve your mood.

#### Top 10 Walkers (Logged Most Miles):

Janice Pelletier (Wareham),  
Joanne Keefe (Hanover),  
Alice Stiger (Whitman Hanson),  
Julie Needle (Norwell),  
Lorraine Welsh (Hanover),  
Trisha Fleming (Rockland),  
Stephen Rogers (Wareham),  
Noelle Johnson (Wareham),  
Carl Junier (Wareham),  
Maureen Thomas (Kingston)

#### Top 5 Teams (Logged Most Miles):

Wareham  
Whitman Hanson RSD  
Hanover  
Norwell  
Kingston

### Monthly Nutrition Support Group



Nicole Cormier of Delicious Living Nutrition will facilitate a monthly nutrition support group over the next 6 months

focusing on eating seasonal and locally grown & produced foods. Topics include:

**July-** Eating Farm Fresh  
**August-** Intuitive Cooking with Seasonal Ingredients  
**September-** Visiting a Farm. Har-

vesting your own groceries

**October-** Farmers Market Tour  
**November-** Fall Seasonal Cooking  
**December-** Winter Seasonal Cooking

Check out the [program flyer](#) with seminar details and locations on our website [www.mmhg.org](http://www.mmhg.org) (click on the Wellness tab). Programs are free and open to all employees, retirees, and spouses of MMHG member units. **Register today!**

#### MMHG Spring Walking Challenge Raffle Winners

##### Weekly Gift Card Winners:

##### \$20 Target Gift Cards

Christine Riley (Pembroke), Laura O'Brien (Whitman), Bonnie LaSorsa (Wareham), Mary Sancinito (Scituate)

##### \$20 Stop and Shop Gift Cards

Stephanie Zdenek (Whitman Hanson RSD), Kim Amato (Rochester), Derek Sulc (Norwell), Peter Ellis (Rockland), Nichole Stahmer (Wareham), Joanne Keefe (Hanover)

##### Grand Prize Winners

\$50 Dick's Sporting Goods Gift Card— Laura Casey-Pupek (Kingston)

\$50 Target Gift Card— Kristen Kelley (Wareham)

\$25 Dick's Sporting Goods Gift Card—Stacia Callahan (Rockland)

\$25 Stop and Shop Gift Card—Stephen Cavanaugh (Halifax)

\$25 Target Gift Card— Lynne Arruda (Rochester)

15 lucky walkers also won "Fitness that Works" books and 15 more won "Eat Right for Life" books!

Sign up to receive future quarterly issues of the MMHG Beneficial Wellness Newsletter by email!

NAME: \_\_\_\_\_  
PHONE: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_

Clip this form and return to:  
**MMHG Wellness**  
**PO Box 3390**  
**Plymouth, MA 02361**

or send request by email to [wellness@mmhg.org](mailto:wellness@mmhg.org)

# Healthcare IQ Corner: How to be a Savvy Consumer



The Healthcare IQ Corner is a regular feature of the MMHG **Beneficial Wellness Newsletter**. With medical costs continuing to rise, consumers are challenged more than ever to make informed decisions about their healthcare.

## Know your Numbers

**Keeping track of some crucial numbers can go a long way in keeping you healthy.**

Knowing your cholesterol, blood pressure, blood sugar and body mass index (BMI) numbers and what those numbers mean is a proactive approach to taking control of your health.

These numbers are key indicators of your risk for serious illness like heart disease and diabetes. Understanding the healthy ranges for these numbers and

knowing where you fall can help you take action to make positive changes that will help prevent the onset of chronic health conditions.

Ask your health care provider what tests you need to determine these numbers and how often you should receive them. If your numbers are too high or too low, he/she can make recommendations to help you get them to a healthier range.

Eating well, staying at a healthy weight, exercising regularly and choosing not to smoke are your best defenses against developing costly and chronic conditions like cardiovascular disease, type 2 diabetes and other chronic diseases.

**Knowing your numbers gives you the knowledge, understanding, and awareness to make healthy lifestyle choices.**

### American Heart Association Links:

[Cholesterol](#)

[Blood Pressure](#)

[Blood Sugar and Diabetes](#)

[Body Mass Index](#)

## Get a Colonoscopy and Receive a \$50 Gift Card

Content Source—  
Centers for Disease Control and Prevention

Among cancers that affect both men and women, colorectal cancer (cancer of the colon or rectum) is the second leading cause of cancer deaths in the United States. Every year, about 140,000 Americans are diagnosed with colorectal cancer, and more than 50,000 people die from it. This disease is highly preventable by getting regular screenings starting at age 50.

Eligible MMHG subscribers and spouses can receive a \$50 gift card for having a colonoscopy in 2015! The incentive is available to all Blue Cross Blue Shield and Harvard Pilgrim subscribers and spouses age 50 and over or at high risk and enrolled in non Medicare plans. Visit [www.mmhg.org](http://www.mmhg.org) (What's New) to learn more about the details of this program.



## Important Reminder for MMHG members:

**You are required to notify your employer within (30) days of the following events:**

- Divorce/Remarriage
- Medicare Eligibility of yourself or dependent
- Marriage
- Birth of a child
- Adoption
- Legal guardianship
- Dependent loss of status as a dependent (except for turning age 26)
- Change of Address

### Harvard Pilgrim Members:

#### Your Member Savings

Did you know your Harvard Pilgrim membership entitles you to special savings on many health-related products and services? Save money on things like athletic footwear, massage, eldercare, Weight Watchers, hearing aids and eye glasses. Click [here](#) to find out more!

### Blue Cross Blue Shield Members: Blue Care Line Benefit

When does your child's slight fever become a serious fever? How can you tell the difference between a sprained ankle and a broken one? Should you be applying ice or heat?

Wouldn't it be nice to have a medical professional available at any time to offer help with questions like these? Now you can, just by picking up the phone and calling the Blue Care Line toll-free at **1-888-247-BLUE (2583)**.

With the Blue Care Line, you can speak with a registered nurse\* 24 hours a day, 7 days a week. Experienced professionals are always available to offer you expert answers to your questions. Simply explain the situation, detail your symptoms, and our nurses will tell you whether you should see your doctor, go to the emergency room, or care for yourself at home.

**Attention: Retired members enrolled in Medex III or HPHC Medicare Enhance Medicare supplement plans:**

**You must continue to pay your Medicare Part B premium timely in order to remain eligible for MMHG coverage.**

### Online Cost Estimators Available:

**As a health care consumer, you can use this website to get the link to compare the cost and quality of various health care services at facilities near you.**

**Cost and Quality website:**

**[www.getthedealonlinecare.org](http://www.getthedealonlinecare.org)**

### Did you Know?

MMHG member units can apply for wellness grants to help fund employee wellness programs like work site exercise classes, biometric screenings, healthy cooking demonstrations and workplace gardens! Interested? Email us at [wellness@mmhg.org](mailto:wellness@mmhg.org) for more information.

### 12 Ways to Fit Wellness into your Workday.

1. Pack a healthy lunch and nutritious snacks every day.
2. Organize a healthy potluck lunch— have everyone bring in a different salad item and create a “salad bar”.
3. Stay hydrated— drink plenty of water.
4. Ride your bicycle to work.
5. Go for a walk on your breaks.
6. Wear a pedometer or FitBit and set daily goals for physical activity.
7. Always take the stairs.
8. For every 60 minutes of sitting— get up and move for 3 minutes.
9. Plant a workspace vegetable garden with coworkers.
10. Let the small stuff slide. Practice patience.
11. Smile more.
12. Be kind to yourself.

## MMHG Spotlight– Town of Rockland

### Wellness Coordinator Stacia Callahan



#### Thinking Outside the Box

Assuming the role of Wellness Coordinator for the Town of Rockland in 2012 made perfect sense for Rockland employee Stacia Callahan. “Since I was responsible for coordinating health benefits and already worked closely with MMHG. It just made sense” said Callahan “It’s rewarding for me to see employees participate in programs that help better themselves.” We asked Stacia a few questions about her success as wellness coordinator and her goals for employee wellness in the future.

#### What types of wellness programs have Rockland employees participated in? What has been the most successful program?

“Our employees have been involved in the MMHG Walking Challenges, Town Specific Walking/Fitness challenges, Passport to Wellness program and most recently Biggest Loser Competition. Many employees have also attended MMHG regional seminars. The Town of Rockland hosted an Organic Gardening Seminar at our new Council on Aging building. Hon-

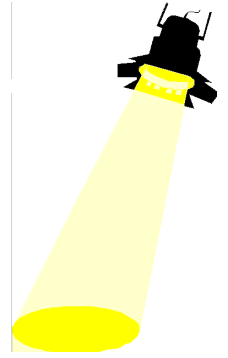
estly, I think this year, especially, they have all been successful. Our participation has increased with most of the programs, but if I had to pick one it would be the Biggest Loser between the schools. It is often hard to get participation across the town and it was encouraging to see the end results of weight loss. Participants were rewarded with Walking for Wellness and/or Eat Right for Life Books, Salad Shakers, luncheon and winners received gift cards. It’s rewarding to reward others!”

#### Why do you think employee wellness programs are important?

“I believe Employee Wellness Programs are important for a couple of reasons. First, is simply to educate. The more we can educate our members on important health topics, such as, Lyme disease, breast cancer, obesity, health screenings, etc. the less claims we will have, which in turn decreases or maintains our health care costs. Secondly, getting employees involved. Many of these programs have banded employees together, whether it be walking together at lunch, in the morning at the track, or enjoying a massage during break. These programs encourage people to get involved and better themselves by living healthy lifestyles.”



Rockland Middle School's “Biggest Loser” Contest Winners



#### What sort of challenges have you had as Wellness Coordinator?

“It can be challenging to get all departments in town involved. I’m not sure of the reasons, but I suspect many, due to their profession, work out regularly anyway and may not need the incentive or care to document it. Some might just need a little more of a push or encouragement. We will keep trying to encourage more participants, add programs of interest and continue to educate.”

#### Looking forward– what future ideas/goals do you have for the Rockland wellness program?

“In the future we will have to think outside the box to get more participation from all departments. We conducted a wellness survey which will be used to look into future programs and possibly site exercise equipment, such as resistance bands, dumbbells, etc. I will also be looking for volunteers who will like to help coordinate the program. I think it is important to incorporate employees into the development of the wellness program.”



Solve and return the completed puzzle to us no later than September 15th be sure to include your name and email address) and you'll be entered in a random drawing to win a Wellness Goody Bag!!

Email—

wellness@mmhg.org

Mail—

MMHG

PO Box 3390

Plymouth, MA 02361

FAX—

774-773-9403

#### **Congratulations to**

**Audrey Nunes from Norfolk County. Audrey won a wellness goody bag for solving the "Local Spring Produce" word search puzzle in the spring newsletter!**



BADMINTON  
BASKETBALL  
BEACHWALKING  
BICYCLING  
FISHING  
FOOTBALL  
FRISBEE  
GARDENING  
GOLFING  
HIKING  
JOGGING

KAYAKING  
KICKBALL  
ROLLERBLADING  
SAILING  
SOCCER  
SURFING  
SWIMMING  
TENNIS  
VOLLEYBALL  
WHIFFLEBALL



# Solve the MMHG Puzzle

## "Summer Fun"

Staying active during the summer months is a breeze. There are so many fun ways to get moving! Strive for at least 150 minutes of exercise each week.

S	B	E	K	B	F	H	L	H	R	W	Q	P	L	R
L	A	X	I	G	D	Y	F	I	S	H	I	N	G	E
R	D	G	C	N	K	A	Y	A	K	I	N	G	D	C
B	M	N	K	I	S	I	G	O	L	F	I	N	G	C
P	I	I	B	D	R	K	S	U	R	F	I	N	G	O
L	N	M	A	A	B	I	C	Y	C	L	I	N	G	S
L	T	M	L	L	L	L	A	B	Y	E	L	L	O	V
A	O	I	L	B	W	H	V	K	U	B	C	C	S	P
B	N	W	R	R	G	N	I	L	I	A	S	M	G	G
T	T	S	B	E	A	C	H	W	A	L	K	I	N	G
E	E	C	B	L	C	K	S	B	K	L	S	K	I	K
K	N	K	Z	L	G	N	I	N	E	D	R	A	G	J
S	N	S	G	O	L	L	A	B	T	O	O	F	G	K
A	I	J	Y	R	E	E	B	S	I	R	F	D	O	I
B	S	F	G	N	I	K	I	H	A	I	S	K	J	T



# Have You Tried Indoor Cycling?

Indoor cycling or “spinning” classes are intense cardiovascular workouts using specialized stationary bikes. A typical class involves an instructor leading a group of participants through a rigorous workout of different types of cycling (uphill climbs, bursts of speed, easy pedaling, etc). The instructor uses music, visualization, and enthusiastic coaching to lead students and motivate them to work hard while having fun. Classes last about 45 minutes and a participant can burn anywhere from 400-600 calories (according to [spinning.com](http://spinning.com)) so

it’s an ideal workout for those who wish to lose weight.

Indoor cycling is a low impact aerobic activity that can increase strength and endurance. Participants are able to control the intensity of the workout to suit his or her fitness level by adjusting resistance and speed. If you’re new to indoor cycling consider taking a beginners class first. The instructor can help make sure the bicycle is properly adjusted for you and teach you the fundamentals.



**Always be sure to check with your health care provider before beginning any new exercise program.**



## Staying Hydrated—How Much Water Should You Drink?

### Hydrate for Good Health

Content Source: Centers for Disease Control and Prevention

Water is an important part of your body. In fact, it makes up more than 60 percent of your body weight. Among other functions, water:

- Moistens tissues, such as those around your mouth, eyes, and nose
- Regulates your body temperature
- Cushions your joints
- Helps your body get nutrients
- Flushes out waste product

Without water, you would perish in a few days. So it’s important that you get enough water. But how much water is enough? **Experts generally recommend that you drink at least six to eight 8-ounce glasses of fluid every day.** If the weather is hot or you are physically active you’ll need to drink more. Women who are pregnant or breastfeeding will also need to drink extra fluids.

### Skip the sugary drinks

Water’s best, but you can also count coffee, tea, juice and other beverages towards your daily fluid intake. Avoid drinks with added sugar or artificial sweeteners like soda, sweetened tea and sugary coffee beverages. Fruit juice should be consumed sparingly, especially if you’re trying to control your weight.

### Rethink Your Drink

- Choose water instead of sugar-sweetened beverages.
- Carry a water bottle and refill it throughout the day.
- Don’t “stock the fridge” with sugar-sweetened beverages. Instead, keep a jug or bottles of cold water in the fridge.
- Serve water with meals.
- Make water more exciting by adding slices of lemon, lime, cucumber, or watermelon, or drink sparkling water.
- Add just a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink.
- Be a role model for your friends and family by choosing healthy, low-calorie beverages.



### Iced Green Tea with Ginger and Mint

Bring 6 cups of water and a few slices of ginger to a boil. Remove from heat and add 6 green tea bags and a handful of fresh mint leaves and let steep for about 15 minutes. Strain and add a little honey or agave syrup if desired. Pour into a pitcher and chill in refrigerator. Pour over ice and serve with mint leaves and lemon slices.

### Sparkling Water and Fruit Spritzer



Plain and naturally flavored seltzer water served over ice with a splash of 100% fruit juice is a refreshing and low calorie beverage option. Mix 3 parts seltzer water to 1 part juice and serve over ice. Add slices of lemon, lime, oranges and berries or cut up pieces of fruit.

### Cucumber Water with Basil

Use a food processor or blender to grind one cucumber, 1 lime (juice and zest), and several basil leaves to a pulp. Strain mixture in cheesecloth if desired. Top mixture with sparkling water and serve over ice. Garnish with lime wedges, basil leaves and slices of cucumbers.



# MMHG Members— How Do Your Gardens Grow?

## ***Beautifully!***

Thanks to MMHG members that responded to our email asking for photos of their vegetable, flower and herb gardens! Check out the amazing photos on this page and the following page. Congratulations to Fran Troy, Mary Gazzola, and Judith Owens, wellness goody bag raffle winners.

**New Raffle:** Send us photos of your garden harvest (veggies, blooms, bouquets etc...) by September 15th and you could win one of three Wellness Goody Bags. Send your photos to [wellness@mmhg.org](mailto:wellness@mmhg.org) or post on the MMHG Wellness Facebook page. Photos will be shared, and winners will be announced in the Fall issue of the MMHG Beneficial Wellness Newsletter. ***Thank you for sharing!***



**Southfield Redevelopment Authority Employee garden**



**Hanover Town Hall Employee Garden**



**Judy Kelly— Hanover Flower Garden**



**Bob Trumbull —Whitman Vegetable Garden**



**Halifax Employee Garden**



**West Bridgewater Employee Garden**





**Karen Brean— Flower Garden**



**Fran Troy— Hull  
Container Vegetable  
Garden**



**Fran Butterfield— Plymouth  
A Flower Bed**



**Judith Owens— Whitman  
Peony**



**Mary Gazzola— Silver  
Lake RHS  
Artichokes**



**Fran Forte— Hanson  
Vegetable Garden**



**Lynne Welsh— Kingston  
Raspberries**

# Farm Fresh Recipes



Last year's Farm to Table Workshop with Nicole Cormier in Norwell, fresh greens for everyone!

## Eat Healthy. Eat Vegetables. Eat Local.

Eating healthy is never easier than it is in the summertime. Farmers markets and farm stands are bursting with delicious, seasonal, and locally grown fruits and vegetables. Locally grown produce tastes better—think heirloom tomato harvested locally vs. the supermarket variety. There's no contest.

Locally grown food can also be more nutritious, a shorter time between harvest and your table, means it is less likely that the nutritional value has decreased. Shopping at the farmers market and farm stand is fun. It is also strengthening the economic base of your community. Try something new and experiment with new dishes. Here are a few simple recipes to get you started.

### Summer Sautéed Squash

~Nicole Cormier Delicious Living Nutrition

4 cups of patty pan squash (halved or quartered)  
1/2 yellow onion (chopped)  
3 TB feta cheese  
1 TB olive oil  
Salt, pepper, handful of chopped basil leaves

Heat the oil, add the onions with salt and pepper, cook for 1-2 minutes. Add the squash and cook until tender (about 4-5 minutes), adding the basil at the very end. Top with feta cheese and enjoy!

### Sungold Sauce

~Nicole Cormier Delicious Living Nutrition

2 Cups Sungold cherry tomatoes  
1/4 cup olive oil  
6 fresh basil leaves  
Cloves of fresh minced garlic  
Sea salt and pepper to taste

Add all ingredients to a medium pot and stir over medium heat for about 15 minutes. Turn to simmer for an additional hour. Serve over whole grain pasta, spaghetti squash or Farro.

### Grilled Romaine Salad

By Nicole Cormier Delicious Living Nutrition

3-4 romaine hearts (the inner, tighter bound leaves)  
2 TB olive oil  
1 TB red wine or cider vinegar  
2 tsp fresh herbs, like rosemary, thyme, oregano (chopped)  
Salt and pepper

Trim the top and bottom of the romaine hearts, combine the remaining ingredients, and brush the hearts completely with the oil mixture. Grill the hearts until lightly browned, turning every minute or two. Serve up whole or chopped into a salad.

## Find a Farmers Market Near you!

[2015 Farmers' Markets in South-eastern Massachusetts and Cape Cod](#)

[MassGrown Interactive Map](#)

[Federation of MA Farmers Markets](#)

# Harvard Pilgrim "Mind the Moment" Seminar Series



## Exploring the Practice of Mindfulness— A 6 Week Course

**October 8, 15, 22, 29 & November 12, 19**

**6:00 PM– 7:00 PM**

**Hanover Town Hall**

**FREE** to employees and retirees of MMHG member units and their spouses. Space is limited to 25 people. **Participants must commit to attending all 6 courses.** Call 774-773-9306 or email [wellness@mmhg.org](mailto:wellness@mmhg.org) for information and to register. Click [here](#) for flyer.

Three decades of scientific research suggest that mindfulness can positively, and

often profoundly, affect people's ability to reduce their medical symptoms and psychological distress. Regular practice actually creates observable, physical changes in the brain—changes that impact thought patterns and the body's physical response to stress.

This multi-week course offers close study in a variety of mindfulness-based topics, including basic practices like the body scan and sitting meditation, as well as walking meditation, gentle stretching, and mindful communication. By the time the course ends, participants will feel prepared to practically integrate a variety of mindfulness practices into their daily lives.



### Mindfulness Links:

[3 minute meditation](#) [10 minute meditation](#)

[Mind the Moment](#) [www.mindful.org](http://www.mindful.org)

## Think it's all in your head?

In addition to boosting brain power, numerous research studies performed at Harvard, Duke, Stanford and the National Institutes of Health have documented significant physical benefits including:

\* Reduced blood pressure \* Lowered cholesterol levels \* Enhanced immune function \* Reduced headache, migraine and back pain \* Improved respiratory function

## Mindfulness helps you to:

\* Better manage tension and stress \* Be more objective \* Be more productive \* Communicate and make decisions more effectively \* Enhance creativity



## Blue Cross Blue Shield “ahealthyme” website

The newly enhanced and expanded Blue Cross Blue Shield “ahealthyme” website and member portal is now available to BCBS members. Whether you want to get in better shape, lose weight, stop smoking, or just improve your overall health, “ahealthyme” can help you realize your goals.

It's easy to get started. The first step is to register and set up an account at <https://bluecrossma.ahealthyme.com>. Once registered you will be directed to your “ahealthyme” homepage where you will be able to take a confidential health assessment. Your Health Assessment results

provide you with an easy-to-understand explanation of your health status and any health risk factors you may have. It also helps “ahealthyme” create personal wellness plans just for you!

The “ahealthyme” homepage features online wellness workshops, activity planners and trackers, meal plans, food logs and healthy recipes. Other engaging tools include health progress reports and a health library. There's even a healthy tip posted each day to inspire you! The site is free and confidential for BCBS members.

**Check it out today!**

## Adult Coloring Books= Stress Relief



A recent search of the 12 bestselling books on Amazon.com reveals something curious. Six of the best sellers are coloring books. Not your typical kids fare, these are collections of beautiful and intricate illustrations intended for adults—to color, with crayons, colored pencils, markers...

Adult coloring has seen a surge in popularity recently. As a meditative pastime it can relieve stress, and encourage creativity. Coloring also has a certain nostalgia that can be comforting. If you're looking for a fun way to unwind (and decorate the refrigerator) why not pick up a coloring book and give it a try?

## A Good Idea...

### Get up & Move!

### Sit for 60 Minutes, Move for 3 Minutes

**Do you sit at a desk all day?** Sitting all day can contribute to circulatory problems, stiffness, and muscle aches that negatively affect health and productivity. Make it an everyday habit to get up at least once an hour and move for 3 minutes. Encourage your co-workers to do the same.

- \* **Walk up and down a flight of stairs**
- \* **Stand up and stretch**
- \* **Take a walk around the building or down the hall**
- \* **Do a few “jumping jacks”**

## MMHG Passport to Wellness Challenge—Winners Announced!

**Congratulation to all who participated in the MMHG Passport to Wellness Summer 2015 Challenge!**

Participants spent 4 weeks focusing on healthy summer living by completing activities like visiting a farmers' market/farm stand, exercising at a local state park or conservation area, and practicing a random act of kindness.

Participants that returned a completed passport received a MMHG tote bag and were entered in a raffle to win gift cards.

### Stop and Shop Gift Card Winners:

\$50 Debra Libby (Abington)  
\$50 Chris Maher (Whitman-Hanson)  
\$20 Robin Killeen (Hull)  
\$20 Ann Bradford (Pembroke)  
\$20 Katherine Getchell (Whitman-Hanson)  
\$20 Lee Gamache (Hanson)

## Did You Know...

MMHG members may be eligible for a \$150 Fitness reimbursement and/or a \$150 weight loss reimbursement! Check out [www.mmhg.org](http://www.mmhg.org) and click on the Wellness tab for more information.

See below and last page of newsletter for coupons to local fitness facilities.

**Wow! Check out these Exclusive offers for MMHG members. See page 8 for more local fitness coupons!**

## Be Healthier for Life at Healthtrax Fitness & Wellness

Members of Mayflower Municipal Health Group receive \$10 of monthly dues\*

**Healthtrax**  
Fitness & Wellness  
[www.healthtrax.com](http://www.healthtrax.com)

HANOVER, MA  
NORTH DARTMOUTH, MA  
EAST PROVIDENCE, RI  
**1-800-505-5000**

\*Valid on annual individual membership dues for members of Mayflower Municipal Health Group. Must be age 18 or older and may not be combined with other offers. Must present proof of MMHG membership. Expires 10/1/15.

Wellness discounts for all MMHG Members:  
20% off adult walk-in yoga class

10% off all other services: 10 class pass, monthly unlimited yoga, massage, and Reiki.

### Cardinal Yoga and Bodywork

Yoga for all levels. Sport specific yoga, Children's, teen, and family classes. Corporate and specialty classes. Massage, Reiki, hula hoop, and specialty workshops.

1525 Hanover Street 2nd floor  
Hanover, MA 02339

781-421-6007  
[info@cardinalyoga.net](mailto:info@cardinalyoga.net)  
[www.cardinalyoga.net](http://www.cardinalyoga.net)

Educators, First Responders, and all other Municipal Employees in the network! Beginners welcome. Be well!



**TOTAL FITNESS**  
[www.totalfitnessclubs.com](http://www.totalfitnessclubs.com)

**FREE 7-Day Trial Membership**  
**\$0 Join Fee**  
**Free One on One Consultation**

685 Metacom Ave. Bristol, RI 02809 401-254-3900  
207 Swansea Mall Dr. Swansea, MA 02770 508-679-9793  
1301 Fall River Ave. (rte 6) Seekonk, MA 02771 508-336-4545  
360 Faunce Corner Rd. Dartmouth, MA 02747 508-995-5600

When you bring this coupon to your local club.



**Mayflower  
Municipal Health  
Group**

P.O. Box 3390  
Plymouth, MA 02361

Phone: 774-773-9309  
Fax: 774-773-9403  
[www.MMHG.org](http://www.MMHG.org)

**MAYFLOWER MUNICIPAL HEALTH GROUP CONSISTS OF THE FOLLOWING TOWN/GOVERNMENTAL UNITS:**

~Abington ~ Bridgewater ~ Bristol County ~ Brockton Area Transit Authority ~ Carver-Marion-Wareham Regional Refuse Disposal District ~  
~Dartmouth Fire District No. 3 ~ Greater New Bedford Regional Refuse Management District ~ Halifax ~ Hanover ~ Hanson ~ Hingham ~ Hull ~  
~Kingston ~ Marshfield ~ Norfolk County ~ North River Collaborative ~ Norwell ~ Onset Fire District ~ Pembroke ~ Plympton ~ Plymouth County ~  
~Plymouth County Retirement Association ~ Rochester ~ Rockland ~ Scituate ~ Silver Lake Regional School District ~ Southeastern Regional Transit  
Authority ~ South Shore Educational Collaborative ~ South Shore Regional Emergency Communication Center ~ South Shore Regional School  
District ~ Southfield Redevelopment Authority ~ Wareham ~ Wareham Fire District ~ Water Works (Abington-Rockland) ~ West Bridgewater ~  
Whitman ~ Whitman-Hanson Regional School District ~



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## LIVE.LIFE.BELIEVE. FITNESS CENTER

10 CORDAGE PARK - PLYMOUTH MA 508-746-1000 [www.LiveLifeBelieve.com](http://www.LiveLifeBelieve.com)

# ONE WEEK TRIAL

**For all Mayflower Municipal Health Group Members**

Limit - One per member - Please Print To Redeem

We look forward to meeting you  
and helping you on your way to GREAT HEALTH!



Small Group Personal Training

**Mayflower Municipal Health Group Members**  
Receive a 20% Discount On All Packages With This  
Coupon at Abington Location Only!

170 Bedford Street Abington, MA

[www.getinshapeforwomen.com](http://www.getinshapeforwomen.com) (781) 421-3764



## Free 14-Day Family Trial Membership Mayflower Municipal Health Group

Includes two adults and their children under age 22.  
First time members/guests only. Valid photo id required.

16 Aldrin Rd. Plymouth, MA

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