

# Mayflower Municipal Health Group

## Beneficial Wellness Newsletter

ISSUE 12

FALL 2015

### HOT

#### TOPICS:

Follow us on

[Facebook](#) &

[Twitter](#)

Thanks to the Town of Hanover for opening up their free worksite yoga classes on Wednesday afternoon at 4:00 PM to all MMHG members! Classes end soon so if your interested in attending call 774-773-9306.

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## Pledge to "Maintain Don't Gain" & Stress Less this Holiday Season!

**Avoid** the typical holiday weight gain, keep stress in check, and win prizes by registering for the 3rd annual MMHG "Maintain Don't Gain" Holiday Challenge. The program runs from November 23rd to January 4th.

**Sign up** to receive a scorecard and weekly emails with useful tips and suggestions for making smart choices this holiday season (including healthier versions of your favorite holiday recipes).

**Turn in** a completed scorecard at the end of the challenge to be entered in a raffle to win prizes.

The MMHG Maintain Don't

Gain Challenge is free and open to all employees, retirees and spouses of MMHG member units.

Click [here](#) for the program flyer with more information, registration details, and a list of prizes. Get a head start on your New Year's resolution—register today!



### MMHG "Maintain Don't Gain" Kick Off Event: [Holiday Fun & Folly](#)

**November 17, 2015 at 5:30 PM**  
**Abington Town Hall**  
**500 Gliniewicz Way, Abington**

Join health & wellness coach Julianne McLaughlin as she discusses practical ways to enjoy a healthy & less stressful holiday season:

- ~ Avoid Holiday Weight Gain
- ~ Learn how to de-stress
- ~ Manage Expectations
- ~ Minimize family stress
- ~ Keep a sane schedule

Click [here](#) for the event flyer!

## MMHG Members Walk 28,175 Miles!

*Walking for exercise strengthens the body, rejuvenates the mind, and enlivens the heart and spirit.*

The **Mayflower Municipal Health Group's 2015 Fall Walking Challenge** was a success. Over 325 members logged an incredible 28,175 miles over the 6 week program. All participants were eligible to win raffle prizes. See page 9 for a list of winners.

#### Top 10 Walkers (logged the most miles)

- 1) Sharon Tassini (Scituate)
- 2) Barbsra Welch (Wareham)
- 3) Leanne Monaghan (Hanson)
- 4) Fran Troy (Hull)
- 5) James Andrews (Wareham)
- 6) Lee Gamache (Hanson)
- 7) Elizabeth Scheibley-Goldrosen (Plymouth County)
- 8) Bethany Fitzroy (North River)
- 9) Julie Needle (Norwell)
- 10) Daniel Gordon (Kingston)

#### Top 10 Teams (logged the most miles)

- 1) Wareham 3610
- 2) Whitman Hanson RSD 2581
- 3) Hanson 2496
- 4) Norwell 2334
- 5) Kingston 1831
- 6) Rockland 1760
- 7) West Bridgewater 1701
- 8) Hanover 1537
- 9) Silver Lake RSD 1447
- 10) Pembroke 1228

**Congratulations to all walkers!**

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

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

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.

## Step up to Healthy Habits

Are you determined to lose weight, eat more vegetables, start exercising? Do you want to quit smoking? **Healthy behaviors are your best defense against developing costly and chronic conditions like cardiovascular disease, type 2 diabetes and certain types of cancer.**

### Why it Matters.

New healthier habits can have a profound effect on your health and may also help you look better and feel more energetic. Start by making small changes,

like not eating after 7:00 PM or taking a 10 minute walk mid-morning. After a while, if you stick with these changes, they become a part of your daily routine.

### You Can do it!

It's true, old habits die hard. Changing your habits requires effort and determination. Sometimes it takes a while before changes turn into new habits. You may face challenges along the way. Here are a few tips that will help you make healthy habits part of your routine.

## STEP 1: Imagine A Healthier You.

Imagine yourself looking and feeling healthier and with more energy. How can you be more active and eat healthier foods? Think about some of the small changes you can make now.

## STEP 2: Create A Plan.

What's stopping you? Identify your roadblocks and how you will overcome them. No time? Go for a short walk before work, during your lunch break, or after dinner. Don't want to give up your favorite meal? Make it in a healthier way. For example, try grilling or roasting, rather than frying. Need help? Join a support group to help you lose weight or quit smoking.

## STEP 3: Put Your Plan In Motion.

Act on your plan and make the changes you set out to achieve. Try fun activities like dancing or biking. Ask your family and friends to motivate and support you. Track your progress and reward yourself for meeting your goals.

## STEP 4: Add Variety & Stay Motivated.

Do not be discouraged if you slip up once in a while. Keep going! Challenge yourself. Think of ways to add other healthy habits to your life.

## MMHG Wellness Programs Healthy Habits Start Here!

The Mayflower Municipal Health Group is committed to the health and wellness of our members. Do you know we offer a variety of wellness programs? Check out [www.mmhg.org](http://www.mmhg.org) (What's New and Wellness tabs).

- ~FREE regional seminars in topics like mindfulness, and nutrition. Healthy cooking demos!
- ~Spring and Fall walking challenges and other fun programs like the "Maintain Don't Gain" and "Passport to Wellness" challenges that help motivate you to eat healthier, exercise more, and stress less—and win prizes!
- ~Special programs like the 2015 Colonoscopy Incentive and 6 week Mindfulness Series
- ~Worksite flu clinics
- ~The MMHG Beneficial Wellness Newsletter (read back issues [here](#))
- ~Wellness grant program for MMHG member units (worksite yoga classes, "biggest loser" contests, employee gardens)
- ~Worksite biometric screenings like blood pressure and glucose screening.
- ~Fitness and Weight Loss reimbursements & gym discounts. Click [here](#) for more information
- ~MMHG Wellness is on [Facebook](#) and [Twitter](#)

## Did you get your flu shot yet?

For more Information:  
Blue Cross Blue Shield members click [here](#).

Harvard Pilgrim members click [here](#).



## Did you Know?

**When you need medical care and your primary care physician is unavailable** you have options other than the emergency room (ER). Try going to the CVS Minute Clinic or other walk in retail clinic.

They can diagnose and treat conditions like ear infections, strep throat, and poison ivy at a fraction of the cost (and hassle) of going to the ER. **You can even get your flu shot there!**



## Important Reminder for MMHG members:

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

- Divorce/Remarriage
- Medicare Eligibility for 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

## 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)

# The Incredible Vegetable— Sweet Potato



Sweet potatoes are sometimes called yams, though this is a misnomer. Sweet potatoes are roots found mainly in tropical America and are part of the Morning Glory family. Yams are tubers (or bulbs)

## Sweet potatoes are loaded with Vitamin A & Potassium

of a tropical vine found in Central and South America, the West Indies, Africa and Asia.

Sweet potatoes are delicious and versatile. They are also a good source of dietary fiber, potassium and vitamin C. One medium baked sweet potato has about 105 calories and is fat free and low in sodium.

**In Season** Sweet potatoes are available year round, but they are best in the fall.

**Selection & Storage** For best quality select round, firm potatoes without any bruises. Kept in a dry, dark, cool (55°F) place, sweet potatoes will last up to 3 to 4 weeks. Do not refrigerate. Refrigeration will cause the core to harden and make the vegetable bitter.

**Cooking** Sweet potatoes can be served baked, mashed, steamed, boiled, microwaved, pureed, stir fried, sautéed or juiced. For extra fiber leave on the edible skin. You can even eat it raw!

## Fun Facts:

- Sweet Potatoes were a major source of nourishment to soldiers in the Revolutionary and Civil wars.
- [The Center for Science in the Public Interest](#) ranks the sweet potato as the #1 most nutritious vegetable
- There are over a thousand varieties of sweet potatoes. Popular ones include Covington, Beauregard, Evangeline, Carolina Ruby, and O'Henry.



## Oven-Fried Sweet Potatoes

The sweet potato keeps its superfood status in this healthy recipe for oven fries. A sprinkling of grated orange peel adds a zesty note.

## Ingredients

- 4 medium sweet potatoes, peeled and cut into 1/4-inch slices (about 1 1/2 pounds)
- 1 tablespoon olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- Vegetable cooking spray
- 1 tablespoon finely chopped fresh parsley
- 1 teaspoon grated orange rind
- 1 small garlic clove, minced

## Preparation

Combine the first 4 ingredients in a large bowl; toss gently to coat. Arrange sweet potato slices in a single layer on a large baking sheet coated with cooking spray. Bake at 400° for 30 minutes or until tender, turning the potato slices after 15 minutes.

Combine parsley, orange rind, and garlic in a small bowl; stir well. Sprinkle parsley mixture over sweet potato slices

[Online Recipe from Cooking Light.com](#)

## MMHG Members Visit Farm & Farmers

This September, members of the [MMHG Nutrition Support Group](#) led by Nicole Cormier of [Delicious Living Nutrition](#), learned more about locally produced food by visiting a farm and farmers market.

**The Farm** Chef and owner Tina Conte led MMHG members on a informative and fun tour of her farm [Garden to Garnish](#) in Hanson. MMHG members were able to ob-

serve a small farm in all it's glory, including meeting goats, chickens, and pigs, touring the vegetable gardens and learning about raising honey bees.

**Farmers Market** MMHG members toured the [Plymouth Farmers Market](#) (held on Thursdays at Plimoth Plantation). MMHG members got a chance to talk directly with farmers, and check out the seasonal produce and products.



MMHG members visit Garden to Garnish Farm in Hanson

**Check out these links to find a fall Farmers' Market Near You!** [www.farmfresh.org](http://www.farmfresh.org) [www.massfarmersmarkets.org/](http://www.massfarmersmarkets.org/)  
[Massgrown Map](#)



What tips do you have for creating work/life balance? Post your tips on our Facebook page or send us an email at [wellness@mmhg.org](mailto:wellness@mmhg.org). We'll share your tips in our next newsletter and send you a MMHG tote bag!



## Balancing Work and Family

Finding the right balance between work and home life is a challenge many of us face. Juggling the demands of work, children, elderly parents, home, a partner, and community can be overwhelming and lead to stress. Here are a few things to keep in mind when you are trying to find more harmony and balance in your life.

**Exercise, eat healthy, and get enough sleep.** This may seem obvious, but it's essential. If you make healthy choices

you will feel better, have more energy, and be able to cope better with stress.

**Get organized.** Keep an updated master calendar of all your families activities. Don't forget to schedule family time and quiet time. Plan simple and nutritious dinner menus a week in advance (think crock pot and leftovers). Make to do lists, and use them. Create a chore chart for family members. When your busy, being organized is key, and will help you manage your time more efficiently.

### **Be realistic & prioritize.**

Perfection is impossible— you can't do it all. When you accept that reality with grace and gratitude (for all that you *can* do) it's easier to prioritize the things that mean the most to you. For example insisting the family eats dinner together most nights may mean cutting down on after school activities.

**Take time to recharge your batteries.** No matter how busy your day is, take some time each day to relax and do something that makes you happy and brings you joy.

## South Shore Organics— Nourish to Flourish

Michelle Berry from [South Shore Organics](#) gave a presentation at the most recent MMHG Wellness Committee meeting on their [Nourish to Flourish](#) wellness program, Nourish to Flourish delivers, to the work site, a bag of seasonal, organic, and local produce to employees that subscribe to the service on a weekly basis. The Tuesday

delivery is free (there is a 5 person subscription minimum per drop off location), and the cost is \$25 per bag/week. Bags of fresh produce come with newsletters, recipes, nutritional information, wellness tips, and a list of which farms are being supported through the program that week. Fresh local eggs are also available for an additional cost.

There is no employer cost associated with this program and no long term commitment is required. *Please note: delivery area may be limited.*

For more information about this program please call Michelle Berry at 781-760-3964 or by email at [michelle@southshoreorganics.com](mailto:michelle@southshoreorganics.com).



## Seasonal Cooking for Winter FREE Nutrition Seminar & Cooking Demonstration

**December 1, 2015 6:00 PM– 7:00 PM**  
Plymouth County Retirement Association  
10 Cordage Park Suite 234  
Plymouth MA 02360

Find out how you can add more local & seasonal foods into your nutrition practice for a healthier lifestyle— even in the winter! Join registered dietician Nicole Cormier from [Delicious Living Nutrition](#) as she prepares tasty and nutritionally complete recipes with locally grown and produced ingredients that could be your new holiday staples!

*Open to all employees, retirees and dependents of MMHG member units. Register to participate by email at [wellness@mmhg.org](mailto:wellness@mmhg.org) or by calling 774-773-9306. Space is limited.*



# Colonoscopy Incentive Ends 12/31/2015

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## Get a Colonoscopy in 2015 & Receive a \$50 Gift Card!



Did you know 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. **Incentive ends 12/31/2015.**

**For more information about the MMHG colonoscopy incentive and why you should get screened check out these links:**

[www.mmhg.org](http://www.mmhg.org)  
**Colorectal Screening Saves Lives Brochure**

## Attention MMHG Members!



### Have you applied for your \$150 Fitness Benefit this Year?

Your Blue Cross Blue Shield of Massachusetts or Harvard Pilgrim health plan can save you up to \$150 annually in qualified health club membership fees or for fitness classes taken at a qualified health club.

For more information on your fitness benefit and weight loss benefits and discounts visit [www.mmhg.org](http://www.mmhg.org) and click on the wellness tab.



## Have You Tried Indoor Rowing?

### Row, Row, Row, your way to better health and fitness.

It almost sounds too good to be true. Imagine an exercise machine that provides a low impact workout that is aerobic and works 9 major muscle groups in the body (quads, hamstrings, glutes, lats, core, shoulders, triceps, back and biceps).

Once the least popular machine in the gym, or collecting dust in the

basement, the rowing machine is the latest fitness trend and for good reason. Indoor rowing machines are simple to learn to use, burn a lot of calories (400-800/hour), and provide a workout that not only has a strength training component to it but is aerobic as well.

Rowing is an excellent choice for all ages, fitness levels and body types. Many gyms offer group indoor rowing fitness classes (similar to spinning classes) which use an instructor and music to deliver a high

energy workout to motivate participants. Why not give it a try?

*Always check with your healthcare provider before beginning any new exercise program.*



### 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<sup>SM</sup> 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.

### Harvard Pilgrim Members: Your Member Savings

Did you know your Harvard Pilgrim membership entitles you to special 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!



**Solve and return the completed puzzle to us no later than December 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 Victoria Deibel from Rockland. Victoria won a wellness goody bag for solving the “Summer Fun” word search puzzle in the summer newsletter!**

# Solve the MMHG Puzzle

# Wonderful Winter Squashes

**There's an amazing variety of nutritious and tasty winter squashes available now at farmers markets, farm stands and supermarkets. Can you unscramble the names of these 10 varieties?**

**Puzzle Instructions:** Unscramble each of the clue words. Copy the letters in the numbered blocks to the other blocks with the same number to solve the puzzle.

TEBTURNUT

LAEICTAD

RANCO

10		7		

TSGEAHITP

DUHRBB

4

HAOCABK

BANRUT

A horizontal number line with arrows at both ends, marked from 0 to 10. A bracket is drawn below the line, spanning from 0 to 8, with the number 8 written below the bracket.

CIVLAANR

TETCUUPRB

A horizontal number line with tick marks every 1 unit. The numbers 16 and 13 are labeled below the tick marks.

UGRAS NIPMUKP

W				
	1	2	3	4

5	6

y			
	7	8	9

<b>F</b>								
	10	11	12	13	14	15	16	



# MMHG Members— Harvest Time Photos!

***Thank you!***

Thanks to MMHG members that responded to our summer newsletter and email request for harvest photos from their vegetable, flower and herb gardens! Congratulations to Judy Kelly, Mike Kwiecien, Lisa Ottaviano, and Angela Armstrong. Each will receive a MMHG wellness goody bag.



**Judy Kelly— Hanover**



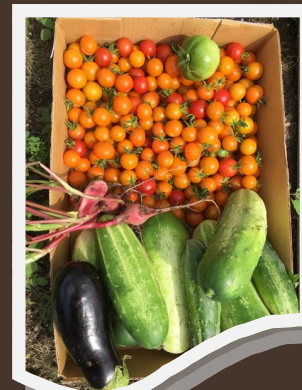
**Mike Kwiecien— Scituate**



**Judy Kelly— Hanover**



**Lisa Ottaviano— Wareham**



**Angela Armstrong— Rockland**

## MMHG Spotlight– Town of Halifax

### 10 Things I've Learned About Having An Employee Wellness Garden

#### 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.



Town of Halifax employees have used MMHG Wellness Grant funding to help plant a work-site garden for the past 2 years. The garden is large (30' X 40'), fenced in, has access to water, and is located across the street from the Town Hall.

15 employees participated in the project this year. They prepared the soil, planted, weeded, watered and harvested cucumbers, tomatoes, peppers, eggplant, butternut squash, summer squash, zucchini, pumpkins, green beans, spaghetti squash, watermelons, marigolds and mammoth sunflowers. Watermelon was the big hit this year!

Gardening is a learning process. We asked **Halifax Wellness Coordinator Linda Cole** to come up with a list of 10 things she's learned so far about having an employee garden. Here's her list:

1) People who choose not to participate in the garden project, will still want to help (like our highway department and custodial staff).

2) People will love to visit the garden (it is a stress reliever).

3) Watching plants grow make people very happy (the office is always "a buzz" with folks reporting on what has grown).

4) Mammoth Sunflowers really are like a ray of sunshine warming people's hearts. Plant these for sure!

5) Baby bunnies like to grow in gardens too. This we learned from 2 years of an employee garden and 2 years of bunnies who built their burrows along the fence and had their babies inside the garden.

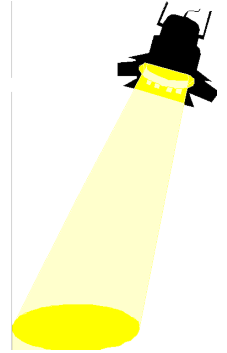
6) Baby bunnies are cute, big bunnies eating all your veggies **are not!**

7) Potato beetles love eggplant (these guys are pesky little buggers).

8) A regular schedule of watering is more important than a regular schedule of weeding. The first year we scheduled people to weed twice a week, which was way too much. We only scheduled people to water twice a week, which in the heat of summer was way too little. Plants can use water everyday if it's really sunny.

9) 30x40 is a really big garden for 15 people, but everyone will love your extras (especially your local food pantry).

10) The size and type (garden, raised bed, container) of your Employee Wellness Garden doesn't matter, but the dedication of the people involved will.



**Community Matters–** What is your town or school doing to improve health and wellbeing and the environment in your community? We'd love to hear from you! Send us an email at [wellness@mmhg.org](mailto:wellness@mmhg.org)

### Community Matters- Rockland H.S. Student Garden Project

*Thank you to Rockland High School science teacher **Angela Armstrong**, for sharing photos & information on this super project!*

"The Rockland High School Environmental Club has started a garden and compost program. Food waste from lunch is used to help create compost for the school garden. We are using Organic gardening methods and produce is to be sold at a farmer's market as well as donated to a local food pantry. The students will be sharing their methods with the community."

~Angela Armstrong



Rockland H.S. garden thriving on a sunny day



# Pumpkin Pie with Pecan Crust (gluten free)

Adapted from [Cuisinicity](#)

## WET INGREDIENTS:

- 2 ½ cups organic pumpkin (100%-no added sugar or salt)
- 3 large cage free eggs
- 1 cup fat free sweetened condensed milk
- 2 Tbsp dark rum (*not imitation, the real thing!*)
- 1 ½ tsp ground cinnamon
- ½ tsp ground allspice

## CRUST:

- 2 cups regular puffs corn cereal (Barbara's Bakery)
- 1 cup chopped pecans
- 2 Tbsp packed brown sugar
- ¼ cup melted coconut oil

## INSTRUCTIONS:

Preheat oven to 350.

Place puffs cereal, pecans and brown sugar in food processor and grind finely.

Add melted coconut oil and mix well.

Place the crust at the bottom of a lightly greased (smart balance) 10-inch baking pan and press down firmly with your fingers to make a compact crust.

Place all the wet ingredients in a bowl of an electric mixer and beat until creamy.

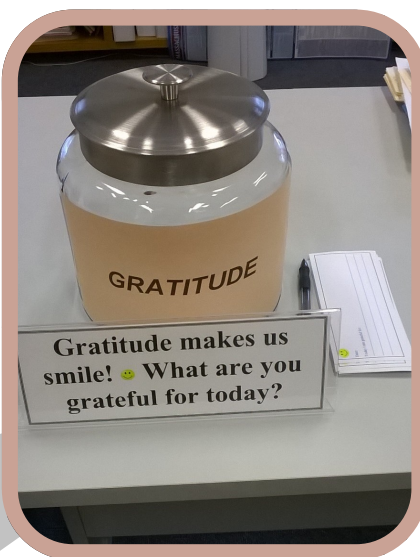
Pour the creamy pumpkin custard on top of the crust and bake in preheated oven for 35-40 minutes.

## A Good Idea...

### A Workplace Gratitude Jar

**Research** in cultivating an "attitude of gratitude" has been linked to better health, better sleep, and increased optimism and happiness. It can also help people become more forgiving, helpful, generous and compassionate.

As we approach Thanksgiving why not follow the Town of Hanover's good idea and set up a "Gratitude Jar"? Encourage co-workers to jot down the things they are grateful for and watch the jar fill up.



**Fall Walking Challenge Raffle Winners:**



### (Grand Prize Raffle (Gift Cards):

- \$50 Dicks Sporting Goods- **Stacey Cosby (Pembroke)**
- \$50 Target- **Nancy Lennon (Wareham)**
- \$25 Dicks Sporting Goods- **Lisa Breese (Wareham)**
- \$25 Stop and Shop- **Chelsea Stevens (Hanover)**
- \$25 Target- **Alice Stiger (Whitman Hanson RSD)**

### 15 "Fitness That Works" books:

Sharon Dolan (Bristol County), Carla Dunn (Rockland), Linda Gambell (Scituate), Melissa Goodell (Onset Fire), Michele Hayes (Whitman), Leslie Kalinowski (Silver Lake), Ann Lee (Hanover), Emily Lyczynski (Wareham), Jennifer Madden (Hingham), Diane Naughton (Whitman Hanson), Laurie O'Brien (Whitman), Jean Pitts (Halifax), Diane Poirier (Kingston), Suzanne Richards (Kingston), Sue Taber (Wareham)

### Weekly Gift Card Winners:

#### \$20 Stop and Shop

Mary Ellen DeFrias (SRTA), Jennifer Grasso (Pembroke), Madge Lawrence (Plymouth County), Sharon McCracken (Bristol County), Julie O'Neill (Silver Lake), Theresa Walsh (Pembroke),

#### \$20 Target

Christina Bailey (Norwell), Lisa Breeses (Wareham), Mike Buckley (Hull), Kristen Maniscalco (Pembroke)

### (12) MMHG Stainless Steel H2O Bottles

Jamie Andrews (Wareham), Lisa Bellantoni (Shore Voc. HS), Kerry Daigler (Silver Lake), Trisha Fleming (Rockland), Fran Fort (Hanson), Don Haley (Pembroke), Sharon Kaplowitz (Marshfield), Pamela Krause (Abington), Molly McCarthy (Silver Lake), Jean Pitts (Halifax), Sharon Tassini (Scituate), Sandra Welsh (Hingham)

**Wow! Check out these Exclusive offers for MMHG members. See page 10 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

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

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.

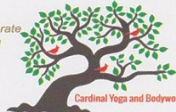
### Cardinal Yoga and Bodywork

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  
www.cardinalyoga.net

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



**TOTAL FITNESS**  
www.totalfitnessclubs.com

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

685 Metacomb 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.

\*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.



**Mayflower  
Municipal Health  
Group**

**P.O. Box 3390  
Plymouth, MA 02361**

**Phone: 774-773-9309**

**Fax: 774-773-9403**

**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 ~



[Like us on Facebook](#)



[Follow us on Twitter](#)

## 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  
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