

Mayflower Municipal Health Group

Beneficial Wellness Newsletter

ISSUE 14

SPRING 2016

HOT

TOPICS:

Follow us on

[Facebook](#) & [Twitter](#)

☀ ~Get motivated to take control of your health and sign up for a **FREE MMHG Wellness Seminar**. Upcoming topics include:

*[Setting up a Healthy Kitchen](#)

*[Healthy Eating Basics](#)
(See inside for details)

☀ ~Don't miss the **YMCA open house in Wareham on April 30th!** MMHG members get joiners fee waived when they join!
(See inside for details)

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You Can Improve Your Health One Step At A Time!

Join the MMHG 2016 Spring Walking Challenge!

According to the American Heart Association walking for exercise is the simplest positive change you can make to effectively improve your heart health. Walking just 30 minutes a day can also be extremely beneficial to your overall health!

Sign up today for the MMHG Spring Walking Challenge and take that first step towards a more active and healthy lifestyle! You'll be able to track your progress online and we'll help keep you motivated. You'll also be eligible to win weekly prizes and be entered in a grand prize raffle at the end of the challenge.



Register for the Spring Walking Challenge by 12 noon on Friday, April 22nd and you'll be entered in a raffle to win 1 of 20 MMHG wallets with walking for fitness pocketpal, pedometer & earbuds!

Walking Works is a 6 week program with online tracking that helps you set goals and view your progress. All employees, retirees and their spouses, from MMHG member units can register for the program. All participants who take part in the challenge will:

- ⇒ Have access to the *Walking Works* online tracking tool and view your progress on a graph!
- ⇒ Receive motivational emails with prize raffles and new challenges each week!
- ⇒ Be eligible to win awesome prizes in the Grand Raffle Drawing!!

For the program flyer with registration instructions and a list of prizes click [here](#) or on the Wellness tab at www.mmhg.org or call 774-773-9306

Walking For Exercise Can Change Your Life!

Most people understand that regular physical activity like walking for exercise can assist with everything from weight loss to management of conditions like high blood pressure and type 2 diabetes.

But we don't always make the connection between walking for

exercise and other things like managing stress, improved interpersonal relationships, increased creativity, higher energy levels, improved sleep and more. By adopting a healthy routine that includes walking, you will not only improve your health status but you will improve the overall quality of your life as well.

“When we move, when we exercise, we are enhancing our intellectual health, our emotional health, our relational health, our occupational health, our spiritual health.”

~Sean Foy

“Walk to be healthy. Walk to be happy”

~Charles Dickens

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

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.

Use Medicines Wisely

Content Source: US Food and Drug Administration

Part of being a savvy healthcare consumer is using prescription and over the counter drugs wisely. Here are a few important tips:

1. Ask Questions

Ask your doctor, nurse, or pharmacist to tell you the facts about each medicine you take.

- What is the name of the medicine?
- What is the active ingredient(s)?
- What is the medicine for?
- How much do I take and when should I take it?
- When does it expire?
- Are there any side effects or special warnings?
- What should I do if I start having side effects?
- Can I take it if I am pregnant or breastfeeding?
- What other medicines or foods should I avoid?



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!**

2. Keep a Medicine List

Write down the name and important facts about each medicine, vitamin, and herb you take. Keep the list with you all the time. Show it to your doctor, nurse, and pharmacist so that they know about all of the medicines you take.

3. Follow Directions

Always use your medicine as directed. Your medicine may not work if you don't follow the directions. Talking too much or too little can make you sick.

Never skip taking your prescription medicine. Talk to your healthcare provider before you stop taking your medicines.

4. Safely Store and Throw out Medicines

Ask your doctor, nurse or pharmacist how you should get rid of unused medicines. Find out if you should:

- flush it down the toilet or sink.
- drop it off at a drug take-back program in your community.
- put it in a sealed plastic bag with coffee grounds or kitty litter and throw it in the trash.

Be sure to scratch off your name and personal information before you put empty pill bottles in the trash.



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

Write it Down

It helps to give a written list of all your medicines and treatments to all your doctors, pharmacists, and other health care providers. Keep a copy of the list for yourself and give a copy to a loved one in case of an emergency.



Be sure to include:

- ♦ prescription medicines, including any samples your doctor may have given you
- ♦ over-the-counter (OTC) medicines, or medicines you can buy without a prescription (such as antacids; laxatives; or pain, fever, and cough/cold medicines)
- ♦ dietary supplements, including vitamins and herbs
- ♦ any other treatments
- ♦ any allergies, and any problems you may have had with a medicine
- ♦ anything that could have an effect on your use of medicine, such as pregnancy, breast feeding, trouble swallowing, trouble remembering, or cost

Click [here](#) to download a "My Medicines- Record Keeper"

Lock It Up. Keep your medicine locked in a safe place away from kids, teens, and other adults.



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

Eating Well on a Budget



Eating healthy may seem expensive—organic foods usually cost more and fresh fruits, vegetables, fish, nuts, and whole grains can be pricier than processed foods, refined grains and some meats.

But, if you are committed to eating healthy and reaping the rewards of good nutrition, like feeling better and lower health care costs, it is possible to eat well on a budget. It may take some extra planning and flexibility, but it is possible to stretch your food budget and eat well.

Here are a few tips that can help you save money at the supermarket:

- ◇ Avoid buying single portions (like snacks, or yogurt). Instead, buy in bulk and divide into smaller portions as needed.
- ◇ Check newspaper ads for grocery specials. Clip coupons or print them from websites.
- ◇ Buy fruits and vegetables that are in season (they are cheaper at that time). Plant a backyard vegetable garden!
- ◇ Try canned beans like black, butter, kidney, or pinto beans. They are loaded with protein, cost less than meat, and make quick and easy additions to your meals.
- ◇ Keep an organized refrigerator & pantry to reduce waste & inspire you!!

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 Your Member Savings

Sign up today for Blue365 and get discounts on products and services for a healthy lifestyle. You'll receive a weekly email with new health and wellness deals exclusive to Blue Cross members.

Save money on healthy cookbooks, pet insurance, fitness gear, vision products and more! Click [here](#) to sign up!



FREE Nutrition Series



'Creating a Healthy Kitchen'

~with Registered Dietician Nicole Cormier of [Delicious Living Nutrition](#)
All programs are scheduled from
6:00 PM- 7:00 PM

Tuesday, May 3rd
West Bridgewater COA
97 West Center Street
West Bridgewater MA 02379

Monday, June 6th
Plymouth County Retirement Association
10 Cordage Park, Suite 234,
Plymouth MA 02360

A nutrient dense, well-stocked pantry is a must for a healthy lifestyle; it will support you to cook intuitively and to choose complete nutritious meals.

Topics include: grains, vegetables, fruit, protein, spices + appliances. There will also be a healthy recipe prepared at each class.

This workshop will help you redesign your pantry and stock it with everything you need to make clean eating a daily practice!

MMHG regional seminars are FREE and open to MMHG member unit employees, retirees and their spouses. Register by sending email to: wellness@mmhg.org or call 774-773-9306.

MMHG Members Attend Sleep Seminar

MMHG members from Hanover, Pembroke, Plymouth County, Rockland, Whitman and Whitman Hanson RSD recently attended a MMHG regional seminar "Dreaming of a Better Night's Sleep" hosted by the Town of Rockland.

Research shows that insufficient sleep can lead to long term health issues, including the development of chronic diseases and depression.

The seminar focused on the science

behind why we need adequate sleep, and the health consequences of insufficient sleep. Attendees learned best practices for getting a good night's sleep including nutrition and exercise advice,

Check out www.mmhg.org for more regional seminars and wellness opportunities. Want to host a MMHG regional wellness seminar? Call- us at 774-773-9306 or email wellness@mmhg.org.



MMHG members at the FREE Wellness Seminar - "Dreaming of a Better Night's Sleep"

**ATTENTION**

MMHG members:

Send us a photo of your vegetable, herb or flower garden and we'll publish it in the summer issue of the MMHG Beneficial Wellness Newsletter.

You'll also be entered in a raffle to win one of 3 wellness goody bags! Send photos by June 15th via email to:

wellness@mmhg.org



Did you know that MMHG member units Halifax, Hanover, Southfield Redevelopment, and West Bridgewater all have workspace vegetable gardens? Interested in starting your own workplace vegetable garden? Contact us at: wellness@mmhg.org

Find a Farmers Market Near you!

[2016 Farmers' Markets in Southeastern Massachusetts and Cape Cod](#)

[MassGrown Interactive Map](#)

[Federation of MA Farmers Markets](#)

Gardening & Your Health

Vegetables, Fruits, Herbs & You

Content Source: [NIH News in Health](#)

Is there anything more delicious and nutritious than vine-ripened tomatoes, just-harvested peaches and corn, or fresh herbs and spices? Growing your own edible plants—whether in a backyard garden or a few pots on your windowsill—can be fun, rewarding, and healthful.

“Gardening has many health benefits. It allows you to get outside, get active, and sit less, which might help to reduce stress,” says Dr. Philip Smith, a life-long gardener who oversees obesity research at NIH. “Gardening can also help to improve your diet if you eat more fruits and vegetables. They’re especially delicious, with a more intense flavor, when ripe and freshly picked.”

Fruits and vegetables are packed with fiber and essential vitamins and minerals. Research has shown that eating fruits and vegetables as part of an overall healthy diet can reduce your risk for long-term

diseases, such as heart disease, stroke, and some types of cancer. The fiber in fruits and vegetables can help relieve constipation and normalize your bowel movements.

Fruits and vegetables may also help reduce your calorie intake—especially if they’re replacing high-calorie, high-fat foods—to help you control your weight. Herbs can add rich and interesting flavors to your meals without adding calories.

Gardening might enhance your mental health as well. Some studies have found that being physically active in natural environments—or even simple exposure to nature—can improve mood, reduce anxiety, and enhance self-esteem. “Growing your own vegetables and digging into the dirt can increase physical activity and give one a feeling of well-being and a sense of connection to the Earth,” Smith says.

“Americans generally don’t eat enough fruits and vegetables; it’s one of the major drawbacks of our diets today,” says NIH Dr. Charlotte Pratt. The federal Dietary Guidelines for Americans published in 2015

recommends that adults who eat about 2,000 calories daily should eat about 2.5 cups of vegetables and 2 cups of fruit a day. But only a small percentage of adults and children meet both fruit and vegetable recommendations.

If you think you don’t have space for a backyard garden, think again. “Some vegetables like carrots, lettuce, kale, and hot peppers don’t require much space,” says Smith. These can be grown in pots or small gardens. “You can also try growing hanger tomatoes, which can be suspended from your deck or porch,” Smith says.

But no matter where you get them—whether from your own back yard, a farmer’s market, or a store—make sure you and your family eat plenty of fruits and vegetables every day.



The Incredible Vegetable— Spinach

"I'm strong to the finish, 'cause I eat me spinach. I'm Popeye the sailor man."



Popeye was on to something. Spinach is good for you! Rich in iron, zinc, and vitamins A and C, spinach is also a good source of folate and magnesium. It's fat and cholesterol free and is very low in calories (1 1/2 cups has only 40 calories).

When buying fresh spinach look for crisp green bunches (not wilted or

yellow) and free from insect damage. Store fresh spinach loosely in an open bag in the refrigerator crisper. Fresh leaves should last 3 to 5 days. Bagged spinach can be stored in the refrigerator for 7 to 10 days, or until date printed on the bag. Always wash spinach thoroughly with cold water before using. You can also buy spinach frozen and canned.

Versatile in the kitchen, spinach can be eaten either raw or cooked. Spinach is mild tasting, and can be added to just about anything. It's delicious sautéed in olive oil with fresh garlic and a squeeze of lemon juice. Use in salads, soups, and smoothies and add to sandwiches, omelets, casseroles, and pasta.

Spinach and Strawberry Salad

[from Whole Foods online recipes](#)

1/2 shallot, finely chopped
2 tablespoons raspberry vinegar
2 tablespoons extra-virgin olive oil
8 ounces baby spinach
1 cup strawberries, thinly sliced
1/2 cup almonds, toasted and chopped
2 ounces fresh goat cheese, crumbled

In a large bowl, whisk together shallot and vinegar. While whisking constantly, drizzle in oil to make a vinaigrette. Add spinach, strawberries, almonds and goat cheese and gently toss to combine. Serve immediately. Serves 4.

Spinach Smoothie— Toss 1- 6 oz. container of yogurt, 1/2 frozen banana, 1/2 cup of skim milk or orange juice, 1/2 cup of fresh or frozen fruit and 1 cup spinach in a blender. Blend until smooth. Serves 2

Have You Tried Hiking?



"You need special shoes for hiking - and a bit of a special soul as well."

- Emme Woodhull-Bache

Does the thought of spending an hour or two at the gym make you cringe? Would you rather spend time outdoors and appreciate nature? If so, then hiking may be the perfect activity for you.

Hiking is Good for the Body

An aerobic and weight bearing exercise, hiking for exercise offers many benefits. It can lower your risk of heart disease, and improve blood

pressure and blood sugar levels. Hiking can boost bone density levels and can strengthen your core. Taking a hike can build muscle strength in your hips and lower legs. Hiking can help you manage your weight and build endurance,

Hiking is Good for the Mind

Hiking is an excellent way to manage stress and offers many psychological benefits including reduced depression and better sleep. Spending time in nature, can take you away from the hustle and bustle of everyday life and can help you clear your head.

Why not Take a Hike?

Hiking is appropriate for most fitness levels (always check with your healthcare provider before beginning any new exercise program). Beginners should start with short, flat, and easy hikes and gradually build up to longer trails with hills and other challenges. Hiking with family and friends is a great way to spend time together and get healthier. Whether you take a short hike at your local state park or make it a goal to climb a mountain—hiking is a great way to exercise!

Hiking Tips for Beginners:

Start small & easy- Hiking 2 miles on a rocky trail can be a lot more challenging than walking 2 miles on a sidewalk.

Don't go solo at first- Bring an experienced hiker friend or join a [hiking group or club](#).

Be Prepared— Study your trail map in advance, and check the weather forecast. Bring snacks, and plenty of water. Pack a simple first aid kit, maps, compass, GPS.

Dress smart- Wear layers, sturdy hiking shoes, and a hat with a brim. Don't forget sunscreen, bug repellent, and a rain poncho.

Leave a trip plan with a friend or family member- This is important, even on short hikes or when hiking with other people. Let someone know what trail you'll be hiking, and what time you'll be home.

LINKS:

[Boston Magazine- 55 Amazing Hikes in New England](#)

[MA DCR Hiking](#)

Solve the MMHG Puzzle

Spring Blooms

"Flowers always make people better, happier, and more helpful; they are sunshine, food and medicine for the soul".

~Luther Burbank

Solve and return the completed puzzle to us no later than June 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

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

CHERRY

CROCUS

DAFFODIL

DOGWOOD

FORSYTHIA

HYACINTH

LILAC

MAGNOLIA

MAYFLOWER

PANSY

PEONY

RHODODENDRON

TULIP



Congratulations

to Jennifer DeVasto
from Whitman. Jennifer
won a wellness goody bag
for solving the "Benefits
of Yoga" word search
puzzle in the winter
newsletter!

Coming in June!——The MMHG Passport to Wellness Challenge. Make Summer '16 your healthiest yet!

April is Distracted Driving Awareness Month

One Text Or Call Could Wreck It All

Content source: National Highway Traffic Safety Administration

The Statistics

For anyone who thinks they can talk on their phone, text, apply make-up, eat a sandwich, or do any other distracting activity while driving, here's a crash course in reality from the National Highway Traffic Safety Administration (NHTSA):

- In 2014, 3,179 people were killed and approximately 431,000 were injured in motor vehicle crashes involving a distracted driver. (NHTSA)
- Drivers who use hand-held devices are four times as likely to be involved in a serious crash. (Insurance Institute for Highway Safety)
- The percentage of drivers text-messaging or visibly manipulating handheld devices increased from 1.7 percent in 2013 to 2.2 percent in 2014. Since 2007, young drivers (age 16 to 24) have been observed manipulating electronic devices at higher rates than older drivers. (NHTSA)
- Ten percent of all drivers 15 to 19 years old involved in fatal crashes were reported as distracted at the time of the crashes. This age group has the largest proportion of drivers who were distracted at the time of the crashes. (NHTSA)

Real Consequences

While those numbers may sound like just statistics, they're anything but. They could be parents, children, neighbors and friends from your community. There are too many sad tales of deaths and injuries that could have been prevented had drivers not been distracted.



Why Do We Drive Distracted?

With more technology now than ever, driver distractions have risen to unprecedented levels. We've come to expect instant, real-time information 24 hours a day, and those expectations don't always stop behind the wheel.

People often say, "I can do two things at once. I've memorized where the numbers are on my phone, so I don't have to look." Or, "Sending or reading one text is pretty quick – that should be okay." They couldn't be more wrong.

The Multitasking Myth

Driving is an activity that requires your full attention and focus in order to keep yourself and others safe. For those who think they can do two things at once, think about this: According to a 2014 special article in the New England Journal of Medicine, the risk of a crash or near-crash among novice drivers increased with the performance of many secondary tasks, including texting and dialing cell phones.

Another study by the Virginia Tech Transportation Institute (VTTI), shows that sending or receiving a text takes a driver's eyes off the road for an average of 5 seconds, the equivalent of driving blind at 55-mph for the length of an entire football field.

One Text Or Call Could Wreck It All

So the next time you are pressed for time, and it seems like multitasking in the car is the best decision, remember those 3,179 lives that were taken because someone decided they could do two things at once. A text or call is not worth your life, or anyone else's. No one is immune from the dangers of distracted driving. Take the pledge to not drive distracted!



Distracted Driving Awareness Links

[10 Tips for Managing Driver Distractions](#)

[Distraction.gov](#)

[National Safety Council](#)



Free Wellness Seminar

Healthy Eating Basics

June 15, 2016
5:00– 6:00 PM

Silver Lake Regional High School

260 Pembroke St.
Kingston
(Lake Street side entrance #19, large group room)

How much sugar is too much? Are there benefits of eating organic foods? What are trans fats? This course highlights the importance of maintaining a balanced diet that is realistic for everyday life.

MMHG regional seminars are FREE and open to MMHG member unit employees, retirees and their spouses. Register by sending email to: wellness@mmhg.org or call 774-773-9306

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 for more information.

MMHG Spotlight– Silver Lake RSD

Employee Wellness— *Together We Can!*



Silver Lake Regional Wellness coordinator Kristen Crociati is this issue's featured MMHG wellness coordinator. Kristen has done a great job over the last year, planning fun and creative ways to share her passion for health and wellness. We asked her a few questions about employee wellness at Silver Lake RSD.

Q) When did Silver Lake really begin focusing on employee wellness??

A) At the time MMHG started the wellness program I began sending out wellness emails to employees. I am a holistic healer and when I come across news articles and programs that focus on natural ways to boost health and fitness, I share them with employees.

The first wellness program I offered was an incentive to join the MMHG Spring Walking Challenge. I offered water bottles with a fruit infuser to Silver Lake employees that participated in the challenge. I sent out multiple emails trying to evoke the team spirit and Silver Lake pride. We went from a participation of 1-2 employees to 16!

Q) What other kinds of employee wellness programs have you offered?

A) With MMHG wellness grant funds, we have offered discounts to employees for yoga classes, and handed out water bottles, cell phone sports armbands and earbud organizers as incentives in the walking challenges.

We had a worksite "healthy salad day" where I introduced creative and unusual salad options. And we purchased an under the desk "stepper" for the administration employees to help boost energy levels and keep moving during the workday.

We also held a stress management workshop. As part of this event, I researched the best foods for relieving stress and shared this information. I even handed out adult coloring books and colored pencils as a healthy stress tool to participants!

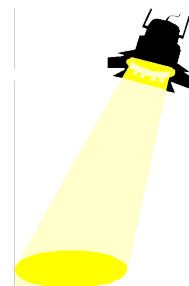
Just recently I ordered a healthy snack basket to raffle off at this year's health fair to increase employee participation. Silver Lake also offers many wellness courses in our night school program in the winter-spring season.

Q) Silver Lake rate of participation in wellness programs is increasing- To what do you attribute this level of enthusiasm?

A) I try and keep employees informed to what services and programs are available to them and I try to evoke team spirit. Knowledge is power! I think that the more you share the more employees notice and appreciate it.

Q) Why do you think employee wellness programs are important? What are the challenges?

A) I think the wellness programs are important because I believe that we are often uninformed about things that involve our health and wellness. If we share our knowledge, and resources, we are all equally informed, and able to make better healthy choices for ourselves. Kind of like-- *together we can!*

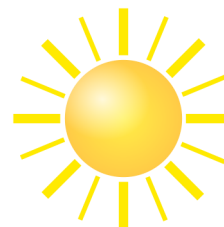


Q) Looking forward- what future ideas/goals do you have for the Silver Lake wellness program?

A) Looking to the future I would like to be able to offer more workshops, like a series that engages the mind, body, and spirit with healthy eating, meditation, and exercise.

12 Ways to Relieve your Stress

1. Try to Stay Positive.
2. Fix only what you can control.
3. Let the small stuff slide.
4. Have a few good laughs every day.
5. Don't overdo any one thing.
6. Get a handle on finances.
7. Breathe deeply. Stretch.
8. Smile.
9. Be kind to yourself.
10. Get outside and enjoy nature.
11. Stay active.
12. Be silly at least once a day.



“Meat-Free Monday”— 3 Reasons to Give it a Try

Have you heard about international campaigns like “Meat-Free Monday” and “Meatless Monday”? These campaigns are meant to encourage people to avoid eating meat on Mondays. Here are 3 reasons you should consider skipping meat at least once a week:

1. It's Good for your Wallet

Meat is expensive. You could save money at the grocery store by going meat-free once a week and preparing simple and wholesome dishes with legumes, vegetables & whole grains.

2. It Helps the Environment:

Eating a more plant based diet can reduce your carbon footprint. The UN estimates the meat industry generates nearly one-fifth of the man-made greenhouse gas emissions that accelerate climate change.

3. It Improves your Health:

Eating less meat means there's more room on your plate for the heart healthy stuff like vegetables, fruits, healthy whole grains, and legumes.

Follow MMHG Wellness on [Facebook](#) & get a weekly “Meat Free Monday” recipe idea!

Did You Know?

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 and click on the wellness tab.

Benefits of Regular Physical Activity:



- [Control your weight](#)
- [Reduce your risk of cardiovascular disease](#)
- [Reduce your risk for type 2 diabetes and metabolic syndrome](#)
- [Reduce your risk of some cancers](#)
- [Strengthen your bones and muscles](#)
- [Improve your mental health and mood](#)
- [Improve your ability to do daily activities and prevent falls, if you're an older adult](#)
- [Increase your chances of living longer](#)



An Invitation for Employees of MMHG Member Units

Healthy Kids Day & Open House

Saturday, April 30, 2016
10:00 AM– 12:00 PM

Gleason Family YMCA
33 Charge Pond Road
Wareham, MA 02571

Employees of MMHG member units pay no Joiner's Fee!

508-255-9622

Wow! Check out these Exclusive offers for MMHG members. See page 10 for more local fitness coupons!

the Y FOR YOUTH DEVELOPMENT™ FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

FIND IT ALL AT THE Y

AND TRY IT OUT FOR FREE!

FREE ONE-DAY GUEST PASS & NO JOINER'S FEE

For Employees of Mayflower Municipal Health Group Member Units

OUTH SHORE YMCA – EMILSON BRANCH 75 Mill Street, Hanover, MA 781-829-8585

the Y TRY THE Y Guest Pass

MMHG employees are invited to visit any of our Old Colony YMCA locations for the day. Become a member and pay no joiner's fee!

BROCKTON EASTON E. BRIDGEWATER MIDDLEBORO PLYMOUTH STOUGHTON TAUNTON

FREE ONE DAY GUEST PASS Plus No Joiner Fee

For Employees of Municipal Health Group Member Units

SOMETHING FOR ALL AT THE Y

Try it out for FREE!

Gleason Family YMCA A Division of YMCA SOUTH COAST
33 Charge Pond Road Wareham MA 02571 508.295.9622 - ymcasouthcoast.org

Be Healthier for Life at Healthtrax Fitness & Wellness

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

Healthtrax Fitness & Wellness

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

www.healthtrax.com

*Valid on month-to-month membership dues for members of Mayflower Municipal Health Group. Must be age 18+ and may not be combined with other offers. Must present record of MMHG membership. Expires 5/1/16.

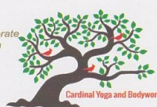
Wellness discounts for all MMHG Members:
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