

Mayflower Municipal Health Group

Beneficial Wellness Newsletter

ISSUE 15

SUMMER 2016

HOT

TOPICS:

Follow us on

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[Twitter](#)

Play Wellness "BINGO" for a chance to win a gift card! See page 9 for details.

Get ready! The MMHG Fall walking Challenge begins September 26th!

It's the perfect time to join a gym! See coupons for MMHG members on pages 10, 11.

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MMHG Members Eat More Vegetables & Win Prizes in the "Passport to Wellness" Program

Employees, retirees & spouses from MMHG member units that took part in the 2016 "Passport to Wellness" challenge got a healthy start to their summer.

The "Passport to Wellness" challenge encouraged participants to eat lots of fruits and vegetables, exercise more, and manage stress— all with an eye towards seasonal produce and activities. Participants visited farmer's markets, enjoyed nature, explored local state parks, practiced random acts of kindness, and tried new vegetables and exercises. Those that returned completed "Passports" were eligible to win raffle prizes.

If you missed the "Passport" challenge, play "Wellness BINGO" on page 9 of this newsletter and have fun getting healthier (you could win a prize too!)



Passport to Wellness Gift Card Raffle

Winners:

Jane Ellis- Rockland
Janine Smith- Hanover
Jodie Hurst- Abington
Heather Dunin- Rockland
Karen Joseph- Scituate
Kathy Keefe- Whitman
Sandie Grauds- Hull

Walkers Log 36,074 Miles in the MMHG Spring Walking Challenge!

Congratulations to all that pledged to improve their health by walking for exercise in the MMHG Spring Walking Challenge. The following teams

logged the most miles:

Whitman Hanson- 4,495 miles
Hanson- 2,725 miles
Pembroke- 2,445 miles
Silver Lake - 2,310 miles
Kingston- 2,276 miles
South Shore Educ.- 2,070 miles
Hanover- 1,973 miles
Wareham 1,841 miles
Hull- 1,734 miles
West Bridgewater- 1,468 miles

Top 3 Walkers:

Elizabeth Sheibley-Goldrosen
(Plymouth County)
Breida Collins (Whitman Hanson)
Fran Troy (Hull)



MMHG Wellness— New programs for FY17! WOW!

Wondering what all the buzz is about when it comes to MMHG wellness? Beginning in September we'll be rolling out all sorts of awesome programs, challenges and incentives.

Why not attend one of our free regional seminars in nutrition, heart health or stress manage-

ment? Sign up for free regional exercise classes and win prizes in the MMHG Fall & Spring Walking Challenges.

Don't miss out— make sure you're receiving our wellness email updates (see form below) and watch for new announcements and schedules— **coming soon!**

New Fall Programs - stay tuned for details!

- ~MMHG Health Assessment Incentive— Earn a \$25 gift card by taking a confidential online survey.
- ~Free regional biometric screenings.
- ~8 week weight loss series
- ~New regional exercise classes.

Sign up to receive future quarterly issues of the MMHG Beneficial Wellness Newsletter & Wellness updates 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.

Being Smart about Medical

Tests:

Content Source: Wellness Council Of America

Doctors order blood tests, x-rays, MRI's and other tests to help diagnose medical problems. Perhaps you do not know why you need a particular test or you don't understand how it will help you. Here are a few tips to keep in mind when your doctor orders a medical test.

Ask Questions

By asking your doctor questions about medical tests and your test results, you

will have the information that you need to make smart decisions about your health care. Here are some questions you can ask:

- How is the test done?
- What kind of information will the test provide?
- Is this test the only way to find out that information?
- What are the benefits and risks of having this test?
- How accurate is the test?
- What do I need to do to prepare for the test? (What you do or don't do may affect the accuracy of the test results.)
- Will the test be uncomfortable?
- How long will it take to get the results, and how will I get them?
- What's the next step after the test?

Preventing Test Errors

Test errors can lead to a wrong or delayed diagnosis. You want your tests to be done the right way, and you want accurate results. What can you do?

- For tests your doctor sends to a lab, ask which lab he or she uses, and why. You may want to know that the doctor chooses a certain lab because he or

she has business ties to it. Check to see that the lab is accredited by a group such as the [College of American Pathologists](#) or the [Joint Commission on Accreditation of Healthcare Organizations](#).

- If you need a mammogram, make sure the facility is approved by the [Food and Drug Administration](#). You can find out by checking the certificate in the facility.

What About The Test Results?

- Do not assume that no news is good news. If you do not hear from your doctor, call to get your test results.
- If you and your doctor think the test results may not be right, have the test done again.

One way to get high-quality health care is to find and use information that will help you take an active role in all decisions made about your care.

STEP UP TO HEALTHY HABITS

Get 150 to 300 minutes of moderately intense or vigorous physical activity each week. Brisk walks, tennis, swimming, soccer, basketball, hikes, hula hoops—do whatever you enjoy best.



The information contained in this newsletter can be used to increase your personal awareness of health and wellness.

Always contact your health care provider when beginning a new exercise or nutrition program, and when you have questions and concerns about medical issues impacting you or your family.

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 (whether Medicare is due to age or a disability)
- Marriage
- Birth of a child
- Adoption
- Legal guardianship
- Dependent loss of status as a dependent (except for turning age 26)
- Change of Address

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



STOP ADDICTION— IN ITS TRACKS

Go to <http://www.mass.gov/eohhs/gov/departments/dph/stop-addiction/> to find out how you can prevent and identify opioid misuse and where you can get help.

Click [here](#) for the “Stop Addiction In its Tracks” brochure.

Other Links:

<http://www.bluecrossma.com/opioid-crisis/>

<https://www.drugabuse.gov/>

Telemedicine Coverage now Available to Harvard Pilgrim Members!

Doctor on Demand gives you physician video visits from your phone, tablet, or computer.

Effective July 1, 2016, Harvard Pilgrim will add telemedicine as a standard benefit for all Non-Medicare plan members.

What is Telemedicine?

Telemedicine is commonly referred to as a virtual visit or a video visit. Members see a doctor through real-time, Skype-like technology—using a smart phone, tablet or computer. This allows them the option to get care without needing to travel to a provider's office or urgent care center. Coverage is primarily for on-demand, minor urgent care medical visits such as cold and flu, rashes and skin issues, upset stomach, and pediatric issues.

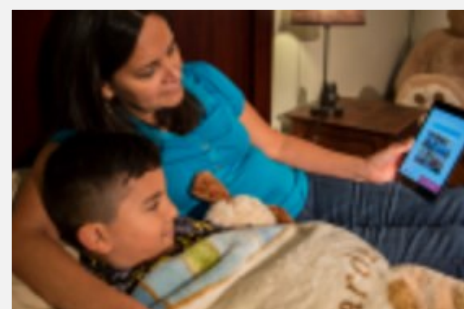
Harvard Pilgrim has added Doctor on Demand, a well-known national telemedicine provider group of board-certified physicians, to their network. Additionally, Harvard Pilgrim members may receive covered telemedicine services from any participating provider who also offers these kinds of services.

Telemedicine aims to improve member experience through a convenient method of care delivery outside of more costly locations like the emergency room (ER), when ER services are not necessary.

Helpful Links:

[Create an account](#) on "Doctor on Demand"

[Where to get urgent care](#)



Telemedicine Doctors on Demand Top Medical Issues Treated:

- ◆ Coughs, colds
- ◆ Sore/Strep throat
- ◆ Flu
- ◆ Pediatric Issues
- ◆ Sinus and allergies
- ◆ Nausea/diarrhea
- ◆ Rashes and skin issues
- ◆ Women's health: UTIs, yeast infections
- ◆ Sports Injuries

BCBSMA Members— Meet the MYBLUE Member App



Blue Cross Blue Shield launched the MYBLUE Member App on April 29th!

Check out this easy-to-use new tool that gives BCBSMA members a convenient, secure way to manage their health care. With a couple of clicks, members can:

- Get access to an interactive ID card, and email a copy of it to their doctor

- Direct dial important phone numbers, like Member Service
- Review recent claims, doctor visits, and prescriptions
- Find nearby doctors, dentists, and hospitals
- View information for dependents under 18 and more

Members can download the app at no cost from the [App Store](#) or [Google Play](#).

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!



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!**

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!



Reducing Allergy Triggers

Things that make allergies worse are called triggers. It may be impossible to completely avoid all triggers. But you can do many things to limit your family's exposure to them. Click on the links below for tips on what you can do to reduce common allergy triggers.

[~Reduce dust and dust mites in your home](#)

[~Control molds inside and out](#)

[~Avoid exposure to plant pollens and animals](#)

Did you know?

Different plants produce pollen at different times of the year.

~Most trees produce pollen in the spring.

~Grasses usually produce pollen during the late spring and summer.

~Ragweed and other late-blooming plants produce pollen during late summer and early fall.

Seeking Allergy Relief?

When Breathing

Becomes Bothersome

Content Source: NIH in the News

A change in season can brighten your days with vibrant new colors. But blooming flowers and falling leaves can usher in more than beautiful backdrops. Airborne substances that irritate your nose can blow in with the weather. When sneezing, itchy eyes, or a runny nose suddenly appears, allergies may be to blame.

Allergies arise when the body's immune system overreacts to substances, called allergens that are normally harmless. When a person with allergies breathes in allergens—such as pollen, mold, pet dander, or dust mites—the resulting allergic reactions in the nose are called allergic rhinitis, or hay fever.

Allergy is one of the most common long-term health conditions. "Over the past several decades, the prevalence of allergies has been increasing," says Dr. Paivi Salo, an allergy expert at NIH. "Currently, airborne allergies affect approximately 10-30% of adults and 40% of children." Avoiding your allergy triggers is the best way to control your symptoms. But triggers aren't always easy to identify. Notice when and where your symptoms occur. This can help you figure out the cause.

"Most people with allergies are sensitive to more than one allergen," Salo explains. "Grass,



weed, and tree pollens are the most common causes of outdoor allergies." Pollen is often the source if your symptoms are seasonal. Indoor allergens usually trigger symptoms that last all year.

If your symptoms become persistent and bothersome, visit your family physician or an allergist. They can test for allergy sensitivities by using a skin or blood test. The test results, along with a medical exam and information about when and where your symptoms occur, will help your doctor determine the cause.

Even when you know your triggers, avoiding allergens can be difficult. When pollen counts are high, stay inside with the windows closed and use the air conditioning. Avoid bringing pollen indoors. "If you go outside, wash your hair and clothing," Salo says. Pets can also bring in pollen, so clean them too.

For indoor allergens, keep humidity levels low in the home to keep dust mites and mold under control. Avoid upholstered furniture and carpets because they harbor aller-

gens. Wash your bedding in hot water, and vacuum the floors once a week.

Allergies run in families. Your children's chances of developing allergies are higher if you have them. While there's no "magic bullet" to prevent allergies, experts recommend breast feeding early in life. "Breast milk is the least likely to trigger allergic reactions, it's easy to digest, and it strengthens an infant's immune system," Salo says.

Sometimes, avoiding allergens isn't possible or isn't enough. Untreated allergies are associated with chronic conditions like sinus infections and asthma. Over-the-counter antihistamines, nasal sprays, and decongestants can often ease mild symptoms. Prescription medications and allergy shots are sometimes needed for more severe allergies. Talk with your doctor about treatment options.

Allergy relief can help clear up more than just itchy, watery eyes. It can allow you to breathe easy again and brighten your outlook on seasonal changes.



Can Smartphone Apps Make us Healthier?



The new [Pokémon GO App](#) has made news recently, not only because it's *really* popular, but because it encourages users to get outside and walk around (hopefully undistracted).

While most gaming Apps are played while sitting on the couch, in order to “catch” Pokémon, you have to find them, and to find them you have to walk around—*a lot*. (the Pokémon

GO App uses your smartphone's GPS and real-time location). The App encourages you to explore your environment, get off the couch and be outside.

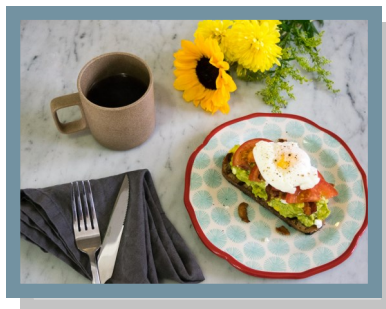
Other mobile Apps, like [My Fitness Pal](#), can count steps walked and calories burned, and include nutrition databases that can help you track calories and lose weight. There are Apps that can motivate you to practice Mindfulness everyday ([Headspace](#)) and quit smoking ([QuitGuide](#)). There are thousands of health and wellness Apps to choose from — many free or low cost. [Blue Cross Blue Shield](#) and [Harvard Pilgrim](#) have free Apps for members.

Like it or not, many of us have come to rely on our smartphones. If we can use them to motivate us to get healthier and have more fun doing it—*why not?*

4 Ways to Use Technology for Health & Wellness:

1. Visit your favorite App store and search under “Health & Wellness”. [Here's a “best of” list to get you started.](#)
2. Wear a fitness tracker (like a Fit-bit) and monitor steps walked, sleep and more.
3. Stream free exercise videos on your cable TV provider's “On Demand” feature or on YouTube.
4. Learn to cook healthy meals—take an online cooking class, search for healthy recipes.

The Incredible Vegetable—*for Breakfast!*



9 Ideas for Including Vegetables at Breakfast

Most of us need to eat more vegetables— they are rich in heart healthy fiber and are important sources of many nutrients, including potassium, folate (folic acid), vitamin A, and vitamin C.

According to federal dietary guidelines adults should eat at least 2 1/2–3 cups of a variety of vegetables a day. Here are some delicious ways to eat vegetables at breakfast:

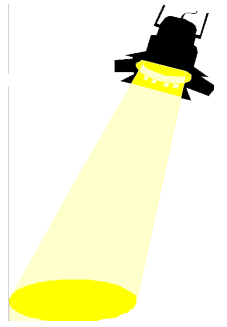
1. **Avocado Toast**– Spread ripe avocado on a slice of whole grain toast. Top with slices of tomato and bell peppers. Add fresh mozzarella cheese or top with a poached egg.
2. **Make a Quick Scramble**– Sauté chopped veggies like onions, broccoli, peppers, and mushrooms in olive oil with an egg.
3. **Green Smoothie**– Add a big handful of baby spinach or kale to your morning smoothie.
4. **Stuff a Sweet Potato**– Take a leftover baked sweet potato and stuff with sautéed greens, black beans, and a sprinkle of cheese. Bake or microwave and top with fresh salsa.
5. **Pancakes**– Add shredded veggies like carrots, or zucchini to your whole grain pancake batter. You can also add canned pumpkin.
6. **Breakfast Salad**– Top a bowl of fresh salad greens with a hard boiled egg. Add chopped carrots, tomatoes, avocado.
7. **Quinoa Bowl**– Top a warm bowl of quinoa with your favorite sautéed veggies, and feta cheese.
8. **Breakfast Burrito**– Stuff a warm whole grain tortilla with leftover roasted veggies, scrambled egg or tofu. Top with pickled jalapenos, or hot sauce.

Summer Vegetable Frittata- [From Cooking Light](#)

- 1 1/2 tablespoons olive oil
1 cup diced zucchini
1/2 cup chopped red bell pepper
1/3 cup chopped onion
1 tablespoon chopped fresh thyme
1/2 teaspoon salt, divided
1/4 teaspoon ground black pepper, divided
2 garlic cloves, minced
1/2 cup chopped seeded tomatoes
9 large eggs
1. Heat olive oil in a 10-inch nonstick broiler-proof skillet over medium heat. Add zucchini, bell pepper, onion, thyme, 1/4 teaspoon salt, 1/8 teaspoon black pepper, and garlic. Cover and cook 7 minutes or until vegetables are tender, stirring occasionally. Stir in tomato. Cook, uncovered, for 5 minutes or until liquid evaporates.
 2. Combine eggs, remaining 1/4 teaspoon salt, and remaining 1/8 teaspoon black pepper in a medium bowl; stir with a whisk until frothy. Pour egg mixture into pan over vegetables, stirring gently. Cover, reduce heat, and cook 15 minutes or until almost set in the center.
 3. Preheat broiler.
 4. Broil frittata 3 minutes or until set. Invert onto a serving platter; cut into 8 wedges.

9. **Veggie Hash**– Throw chopped leftover veggies, meat or tempeh, and cubes of cooked potato in a frying pan with a little coconut oil. Fry until crispy and top with finely chopped fresh herbs.

MMHG Spotlight– Member's Gardens!



Thanks to the 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 2 pages. Congratulations to Jack Glynn, Lisa Crowley, and Pam Borgeson, wellness goody bag raffle winners.



Ann DeMelo



Carol Rodday



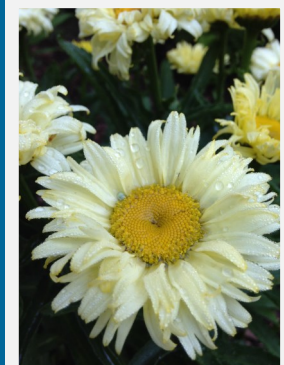
Dorothea Bowles



Fran Troy



Marilyn Weber



Karen Joseph

“Gardening is a great hobby for exercise and as mental relaxation. It's so nice to view the beauty of Nature's plants and animals. We enjoy our backyard gardening so much! “ Marilyn Weber

**“We have been walking on the beach and collecting rocks for our rock garden all spring and summer. Getting in our “steps” while we create something beautiful!”
~Lee Ann Monaghan**



Kelly Morse Perez



Lynn Welsh



Lisa Crowley



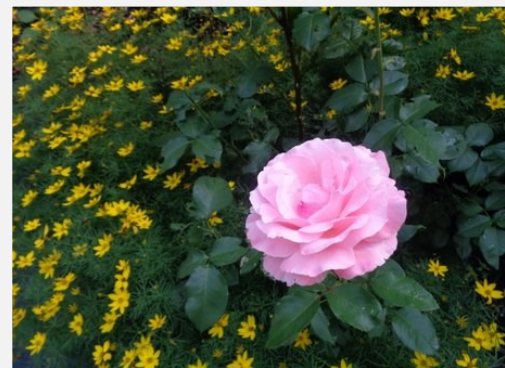
Mary Cordeiro



Lee Ann Monaghan



Joyce Sullivan



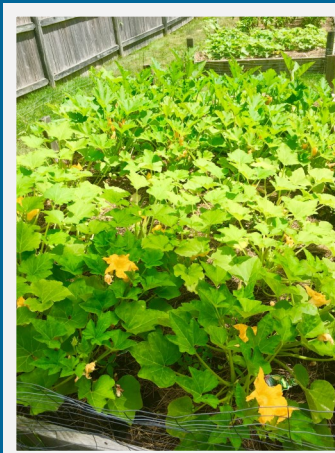
Leslie Dorr



Pam Borgeson



Patricia White



Jack Glynn



Jane Brown

“Here are my backyard garden boxes- 5 different types of squashes, tomatoes, cucumbers and peppers. My Zen time after coming home after a long, busy shift at the fire station. “

~Jack Glynn

“I planted: Corn on the Cob (five rows), Cauliflower, Broccoli, Carrots, Spaghetti Squash, Snap Peas, Green Peppers, Banana Peppers, Red Peppers, Green Beans (three rows), Beets, Spinach, Cucumbers, Red Onions, Radishes, and Tomatoes.”

~Jane Brown

Solve the MMHG Puzzle

PLAY WELLNESS BINGO!



Return the completed Bingo card to us no later than September 15th to be eligible to win raffle prizes! (Be sure to include your name, MMHG member unit, and email address)

Email—
wellness@mmhg.org
Mail—
MMHG
PO Box 3390
Plymouth, MA 02361
FAX—
774-773-9403



Congratulations

to Mary Cordeiro from Southfield Redevelopment! Mary won a wellness goody bag for solving the "Spring Blooms" word search puzzle in the spring

Let's try something different (and fun) for this issue's "puzzle". Rather than complete the usual word search for a chance to win a MMHG Wellness Goody Bag, try your hand at Wellness BINGO! Here are the rules:

1. Your BINGO card (below) has 25 healthy challenges. Complete a challenge and cross out the corresponding square.
2. Complete a horizontal or vertical or diagonal row of squares (5 challenges) and you'll be entered to win a Wellness Goody Bag. **Complete all 25 challenges (cross out all squares) and you'll also be entered in a raffle drawing to win a Wellness Goody Bag and a \$25 gift card to Dick's Sporting Goods.**
3. The BINGO challenge is open to all employees, and retirees of MMHG member units and their spouses. *Have fun getting healthier!*

<u>B</u>	<u>I</u>	<u>N</u>	<u>G</u>	<u>O</u>
Eat Salad for Lunch 2 times	Call a friend to chat for no reason 1 time	Visit a farmer's market or farm stand 1 time	Walk briskly for 10 minutes 3 times	Spend time in nature 1 time
Make a fruit salad to share with family or co-workers 1 time	Eat 5+ servings of fruits and veggies for 3 days	Commit a "random act of kindness" 1 time	Go meat free for 1 entire day	Drink 6-8 glasses of water 2 days
Swap a cup of coffee for herbal tea 1 time	Take the stairs instead of the elevator 1 time	Visit www.mmhg.org and check out the wellness tab	Reserve 30 minutes for relaxation alone 1 day	Get at least 8 hours of sleep at night 2 times
Park farther from the building (work or store) 2 times	Take a 10 minute stretch break at work or at home 1 time	Donate a bag of used clothes or household items to a local charity	Make a healthy meal for a friend	Look up the nutrition information for one of your favorite restaurant meals
Clean out a drawer or closet that you've been meaning to organize	Take a walk with a family member or friend 1 time	Sit down with a good book or magazine to calm your mind before bedtime 1 time	Watch a funny movie, or laugh with friends 1 time	Eat vegetables for breakfast 1 time

Coming in September— The MMHG Fall Walking Challenge, a new schedule of regional wellness seminars, exercise classes, and more!

July is National Blueberry Month!



Don't forget to put blueberries at the top of your grocery list this month!

Hurray— it's blueberry season! That means the super nutritious berry is extra delicious and most likely on sale at your favorite supermarket. You can also find blueberries at farmer's markets, farm stands and "pick your own" farms.

Why not stock up? Blueberries will last about 10-14 days in your refrigerator and freeze well.

Blueberry benefits: Low in calories, high in fiber, low glycemic, low fat, packed with antioxidants and phytonutrients, good source of vitamin C & manganese.

Some cool & healthy ideas for adding blueberries to your summer menus:

~On a bed of mixed greens add fresh blueberries, toasted almonds, and feta cheese. Dress with a light vinaigrette
~ Add a big handful of blueberries to your favorite yogurt
~ Puree blueberries and freeze in ice pop molds or add fresh or frozen berries to smoothies
~Spread peanut or almond butter on whole grain toast and top with fresh blueberries or add blueberries to your grilled cheese sandwich!

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

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.

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

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

FREE ONE DAY GUEST PASS Plus No Joiner Fee

For Employees of Municipal Health Group Member Units

SOMETHING FOR ALL AT THE Y

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Gleason Family YMCA A Division of YMCA SOUTHCOAST

33 Charge Pond Road Wareham MA 02571 508.295.9622 - ymcasouthcoast.org

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207 Swanset Mall Dr. Swanset, 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.

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!

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.

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



**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 ~



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WWW.LIVELIFEBELIEVE.COM. 10 CORDAGE PARK, PLYMOUTH. 508-746-1000

plymouth FITNESS

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

www.plymouthfitness.com 508-746-7448



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Mayflower Municipal Health Group Members
Receive a 20% Discount On All Packages With This
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170 Bedford Street Abington, MA

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CO ED FITNESS 24 HR. ACCESS 7 DAYS 365 DAYS FOR YOUR CONVENIENCE
NOW OFFERING CLASSES!

**7 Day Free Trial Membership with this Coupon For
Mayflower Municipal Health Group Members**

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Free Personal Trainer Consultation with
New Membership

187 Summer Street (RK Crossing Plaza) Kingston

www.anytimefitness.com (781) 585-0444