

Mayflower Municipal Health Group

Beneficial Wellness Newsletter

ISSUE 17

WINTER/SPRING 2017

HOT TOPICS:

Follow MMHG Wellness on [Facebook](#) & [Twitter](#)

★ **Get motivated to take control of your health and sign up for a FREE MMHG Wellness Seminar.**
Upcoming topics include:
*[Food as Medicine Series](#)
*[Mindful Eating](#)
*[Diabetes & You](#)
*[Whole New U Weight-loss for Life series](#)
*[Exercise 101- Getting Started](#)
*[Resistance Training](#)
*[Free Yoga](#)
(See inside for details)
~MMHG Spring Walking Challenge begins April 10th!

INSIDE THIS ISSUE:

5 Tips to Control Health Costs	2
Mindful Eating	3
Have you tried Chia Seeds?	4
Solve the MMHG Puzzle	6
10,000 Steps & Fitness Coupons	7-8



Can Food and Exercise be Powerful Medicines?

Chronic diseases and conditions like heart disease, stroke, cancer, diabetes, arthritis, and obesity cause more deaths, disability, years of reduced productivity and quality of life, than all other health threats facing the nation. And these common health problems are expensive. According to the Centers for Disease Control and Prevention **treating people with preventable chronic disease accounts for 86% of our nation's health care costs.**

The Good News

The chronic diseases and conditions that drive our healthcare costs through the roof and profoundly affect the quality of our lives are often **preventable, and manageable.** Lifestyle choices like eating well, not smoking, getting regular exercise and

managing stress can help prevent and control most chronic disease and conditions.

You Can Do It

It's never too late, and it doesn't matter how many times you tried to quit smoking or lose weight before. Today is a new day, and you have the power to change your habits and your life. The rewards will be huge and you will be amazed at how quickly you'll start to feel better.

Start Here Right Now

Set some clear attainable short and long term goals. For example commit to eating more fruits and vegetables and start walking for exercise most days of the week. If you need to lose weight or quit smoking, get serious and make plans— **today.**

Finding Support

It's easier to make positive lifestyle changes when you ask for help and find support.

- ◆ Let your doctor know you're serious about making healthy changes and ask for help.
- ◆ Visit a registered dietitian.
- ◆ Ask family and friends who have made healthy lifestyle changes for advice and support.
- ◆ Enroll in a weight loss class, yoga class, or smoking cessation program.
- ◆ Get a gym membership.
- ◆ Join the MMHG wellness community by attending the free regional events and seminars promoted in this newsletter. You'll learn a lot, get motivated, and meet supportive, like-minded people.



Food as Medicine- FREE 4 Part Regional Series

"Let medicine be thy food and let food be thy medicine"— Hippocrates

The MMHG is proud to offer a unique 4 part series exploring the role a healthy diet may play in preventing, treating, and even reversing disease. Register for one event or all four— and bring the whole family!

3/28 5:00 PM Southfield Redevelopment S. Weymouth **"Micro Greens Workshop & Green Smoothie Tasting"** with Todd Geitenstein

4/3 5:00 PM Whitman Hanson High School: **"Food as Medicine - Nourish & Heal Yourself with Whole Foods"** Seminar with Nicole Cormier RD, LDN

3/30 5:00 PM Silver Lake High School: **Movie Screening "Forks Over Knives" with follow-up discussion** led by Nicole Cormier RD, LDN

4/6 5:00 PM Hanover Town Hall: **"Plant Based Eating Made Easy & Tasty"** Seminar with Michelle R. Smith, MS, RD, CDOE, LDN

MMHG Wellness Seminars: Go to www.mmhg.org and click on "What's New" for links to the program flyers with details for each event. FREE for all employees, retirees, and dependents of MMHG Member Units.



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

NAME: _____
PHONE: _____
ADDRESS: _____
EMAIL ADDRESS: _____

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.

Controlling Health Care Costs

As health care consumers we can make good decisions that can have a positive effect on physical and financial health and help keep medical costs down.

Maintain A Healthy Lifestyle: 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 cardio-

vascular disease, type 2 diabetes and certain types of cancer.

2. Practice Prevention and Self Care:

Get your annual physical and recommended screenings. Know your numbers (BMI, cholesterol, blood pressure). Take your prescription drugs as directed. Get a flu shot. Taking a proactive approach to your health can help identify diseases and conditions early—when easiest to treat.

3. Be Informed: When it comes to your health care make it a point to understand your health plan. Learn the differences between a copay and coinsurance. Think about what you value in a primary care provider and choose carefully. Informed choices are the best choices.

4. Practice Appropriate Level of Care:

If your primary care physician is unavailable, a walk in clinic (like the CVS Minute Clinic) 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 emergency room.

5. Be an Advocate: Don't be afraid to tell your health care provider that you **want to save money and have your MRI at a free standing imaging location, like Shields MRI, rather than the hospital.** The savings can be substantial. If your newly prescribed medication is expensive be sure to ask if there is an equivalent that is less costly. Asking questions and advocating for transparency in the cost and quality of your health care is an important part of keeping health care costs in check.

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



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

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.

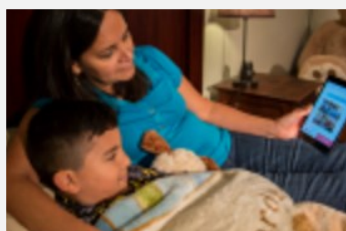
Telemedicine Coverage now Available for Harvard Pilgrim Members

Did you know that Harvard Pilgrim has added telemedicine as a standard benefit for all Non-Medicare plan members?

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.



Here's a link for more information:

<https://www.doctorondemand.com/benefits/harvard-pilgrim/>

Making Connections— for your Health



Content Source: NIH News in Health

Wide-ranging research suggests that strong social ties are linked to a longer life. In contrast, loneliness and social isolation are linked to poorer health, depression, and increased risk of early death. Look for ways to get involved with others:

5 Ways to Make Social Connections

1. Join a group focused on a favorite hobby, such as reading, hiking, painting, or wood carving.
2. Take a class in yoga, tai chi, or another new physical activity.
3. Help with gardening at a community garden or park.
4. Volunteer at a school, library, hospital, or place of worship.
5. Join a local community group or find other ways to get involved in things you care about.

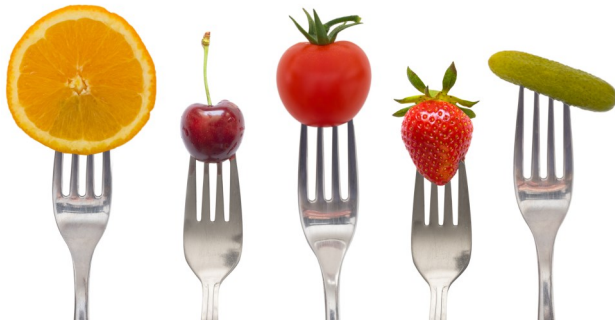


FREE Regional Yoga Classes

Wednesdays April 5,12,26 May 3,10,17
5:00 PM– 5:50 PM

Hanover Town Hall
550 Hanover Street

Register: Send email to wellness@mmhg.org or call 774-773-9306 . Visit our website www.mmhg.org to see program flyer for more details. Space is limited.



Practicing Mindful Eating

“Mindless” eating- we’ve all been there.

Have you ever sat down in front of the TV with a bag of chips after a stressful workday, and found yourself an hour later with a belly-ache, an empty bag, and little recollection of eating so many chips? It’s easy to overeat when you’re distracted, in a bad mood, or in a hurry.

Mindful eating means choosing, preparing, and eating with awareness.

This means being aware of the way your food environment and emotions could be affecting

your food choices and how much you’re eating. It means listening to your body’s cues when it comes to hunger and satiety. Mindful eating also involves taking time to experience food through all five senses.

The benefits of eating more mindfully:

By practicing mindful eating, you may be surprised to see a shift toward healthier cravings and portion sizes. When you are mindful, you slow down and enjoy your food. You are also less likely to overeat because your body has time to realize you are full.



Mindful Eating– 4 Week Series

Thursdays May 18, 25 June 1, 8 5:00 PM– 6:00 PM

Plymouth County Retirement Association
10 Cordage Park Circle Suite 234, Plymouth

Are you an “emotional eater”? What does that mean? Examine your pattern of coping and emotional eating. Strategies will be discussed to address the causes of emotional eating, identify hunger cues, and eat more mindfully.

Register: Send email to wellness@mmhg.org or call 774-773-9306 . Visit our website www.mmhg.org to see program flyer for more details. **FREE** for all employees, retirees, and dependents of MMHG Member Units.

Here are some tips for being a more mindful eater:

- ◆ Eliminate distractions—do not eat in front of the TV, while driving etc.
- ◆ Consider starting with a smaller portion.
- ◆ Take your time while eating, and explore your food with all five senses (taste, sight, touch, smell, and sound).
- ◆ Take a moment to appreciate the opportunity to care for your body through eating healthy.
- ◆ Before eating, ask yourself- Am I really hungry or eating for some other reason?

MMHG Regional Event

Diabetes & You

Glucose Screenings:

4:30– 6:30 PM

Seminar:

5:00– 6:00 PM

Tuesday April 25th
So Shore Educational Col-
laborative

For more info. On
MMHG seminars &
workshops. Go to
www.mmhg.org and click on
“Wellness” for links to the
program flyers and check out
our online calendar regularly
for upcoming events.
Register for seminars and
workshops: Send email to
wellness@mmhg.org or
call 774-773-9306 .

Backyard Gardening Workshop

Let's Get Growing!

with Todd Breitenstein
of the Grateful Garden
in Hanover

May 1st 5:00– 6:30 PM

Southfield Redvelop-
ment in S. Weymouth

Try chia
seed pud-
ding for
breakfast!



4 Steps to Manage Your Diabetes for Life

Content Source- National
Institutes for Health

Each year, 1.7 million Ameri-
cans, ages 20 and up, are diag-
nosed with diabetes. People
with diabetes have high levels
of blood glucose (also called
blood sugar). If left undiag-
nosed or untreated, diabetes
can lead to heart disease,
stroke, kidney disease, blind-
ness, and other health prob-
lems. That's why it's important
to manage your **diabetes**
**ABCs: A1C (blood glu-
cose), blood pressure, and**
cholesterol. These 4 steps
are a good start.

**Step 1: Learn about diabe-
tes.** If you've got diabetes, you
need to make healthy food
choices, move more every day,
stay at a healthy weight, and
take recommended medicines
even when you feel good.

**Step 2: Talk to your health
care team** about how to
manage your A1C, blood pres-
sure, and cholesterol. Know
your ABC goals, and track
your progress.

**Step 3: Learn how to live
with diabetes.** Even if you

know the steps you should
take to stay healthy, you may
have trouble sticking with
these steps over time. Work
with your health care team to
make a plan that will work for
you.

**Step 4: Get routine care to
stay healthy.** See your health
care team at least twice a year
to find and treat any problems
early. Once each year, be sure
to get a dilated eye exam and a
complete foot exam.

Exercise 101— Getting Started

**Are your sneakers collect-
ing dust in the closet?
Have you spent more
time on the couch than
exercising? If so, it's time
to do a little dusting and
start moving!**

Sometimes the hardest part of
exercising is getting started.
Here are a few tips to get
going:

~Start small. Commit to exer-
cising for 10 minutes at a time

~Schedule exercise into your
daily to-do calendar.

~Join a gym, class, or 30 day
challenge.

~Find a friend to exercise
with.

~Make sure you're eating well
& getting enough sleep.

~Set goals to keep your focus.

~Log your activity & reward
yourself for accomplishments.

MMHG FREE Regional Exercise Programs

**Exercise 101 Getting Start-
ed Seminar & Spring
Walking Challenge Kick-
Off Event (Prizes & Raffles)**
April 10th 5:00– 6:00 PM
Norwell Town Hall

**Resistance Training Work-
shop (Free Resistance Kit)**
April 27th 5:00– 6:00 PM
Hanover Town Hall

**Coming soon: Free Zumba
Classes!!**

Have You Tried: Chia Seeds?

Chia seeds becoming a staple
amongst healthy eaters. The
tiny black seed are mild tasting,
and easy to incorporate into
your diet.

Rich in antioxidants, calcium,
and omega 3 fatty acids, a one
ounce serving size (about 2
Tablespoons) contains about 4
grams of plant protein and 11
grams of fiber.

Sprinkle chia seeds on your
salads, soups or oatmeal. You
can also mix it into your
smoothies for a healthy boost.

When chia seeds are mixed
with liquid they turn into a gel,
perfect to make a healthy pud-
ding!

Chia Seed Pudding Recipe

Ingredients

1/3 Cup of Chia Seeds

1 1/2 Cups Vanilla Almond Milk

2 T Honey or Pure Maple Syrup

Directions

Mix ingredients in a covered ma-
son jar or in a bowl. Refrigerate
overnight. Serve topped with
toasted almond slivers, unsweet-
ened coconut, and fresh strawber-
ries or anything else you want.

Attention MMHG Members:

Check out your Insurance Provider's Online Wellness Resources

Blue Cross Blue Shield Members:

www.bluecrossma.com/ahealthyme

The ahealthyme website is your own personal wellness planner and resource for health information.

Create your own action plan:

- A health assessment that gives you a personal wellness score
- Self-paced workshops on topics like healthy eating and quitting smoking
- Nutrition and exercise trackers to keep you motivated

Learn about health your way:

- Read articles, tips and the Healthy Times newsletter
- Watch videos and listen to podcasts
- Take quizzes, risk assessments and more!

Whatever your health goals are— from losing weight to managing stress— ahealthyme can help get you there.

Harvard Pilgrim Members:

www.harvardpilgrim.org/wellnessaccount

Harvard Pilgrim's online wellness program offers you access to health resources, wellness workshops, tracking tools and more!

- Learn about important topics affecting your health
- Access preventative care guidelines
- See educational resources on condition and disease management including cholesterol, blood pressure, asthma, ADHD, depression, diabetes, cancer and heart health.
- Take a health quiz
- Look up health topics A-Z
- Check out health and wellness publications
- Search online resources via a web library
- Take a health questionnaire and learn your score

Visit www.harvardpilgrim.org/wellness for well being support based on where you are in life.



Whole New U— Weigh Loss for Life 8 Week Series

Tuesdays, 5:00 PM- 6:00 PM

April 4, 11, 25

May 2, 9, 16, 23, 30 2017

West Bridgewater

Tired of trying to lose weight without success; or are you just looking to eat healthier? Join health coach and wellness professional, Julianne McLaughlin, for the Whole New U Weight Loss Challenge, an 8 week weight loss and nutrition education program that will provide you with the skills and support you need to change your eating habits, lose weight, and practice a healthier lifestyle.

Series is FREE and open to all employees/retirees and spouses of MMHG member units. Go to www.mmhg.org and click on the "What's New" tab for the program flyer with location and registration details.



MMHG 2016

Wellness Achievements:

In 2016 MMHG members walked 64,944 miles in the Spring & Fall Walking Challenges!

MMHG offered 60 one hour FREE regional yoga classes!

MMHG offered 30 FREE regional one hour wellness seminars in topics like heart health, nutrition, gardening & mindfulness!

584 MMHG members earned a \$25 gift card for taking the BCBS or HP Online Health Assessment!

Find MMHG Wellness on facebook!



Follow us for healthy tips, MMHG Wellness event schedules and information, "Meatless Monday" recipes, motivational quotes, healthy inspiration and more!

We're on a mission!



The mission of the MMHG Wellness program is to improve the health, well being and quality of life of all employees/retirees/dependents and to empower them to adopt positive attitudes and behaviors that celebrate a lifelong commitment to wellness.



Solve and return the completed puzzle to us no later than April 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 *Patricia Lamothe* from *Bristol County*. Patricia won a wellness goody bag for solving the "Cool Beans" word scramble puzzle in the fall newsletter!

Healthy Tips for cutting back on sugar:

- *Satisfy your sweet tooth with fresh fruit.
- *Choose water, unsweetened coffee and tea rather than soda and other sugary drinks.
- * Compare food labels and choose products with the lowest amount of added sugars.
- *Try cutting the usual amount of sugar you add to foods and drinks by half and wean down from there.

Solve the MMHG Puzzle: Hidden Sugar

Growing scientific evidence shows that eating too much sugar over time is linked to health problems, including serious diseases such as heart disease, diabetes, and liver disease.

It's not easy to avoid added sugar in the food we eat. Did you know that there are at least 61 names for sugar on food labels? Solve the puzzle by finding 12 of these names for sugar. For a list of the other 49 names for added sugar used on food labels check out www.sugarscience.org.

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



Did you know?

Every day, the average American consumes almost three times more sugar than is recommended. That adds up to an average of 66 pounds of added sugar each year.

Added sugar is hiding in 74% of packaged foods, including foods that many of us think are healthy, like yogurt and energy bars, and even in savory foods, like pasta sauce, breads, salad dressing and ketchup.

The American Heart Association recommends no more than 6 teaspoons of added sugar per day for women and 9 teaspoons per day for men. A single 12 oz can of soda can contain 9 teaspoons of sugar.

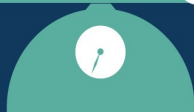
Liquid sugar, like that in soda and sports drinks, is the largest source of added sugar in the American diet (36%).

AGAVE	FRUCTOSE
BARLEY MALT	HONEY
CARAMEL	MALTODEXTRIN
COCONUT SUGAR	MALTOSE
CORN SYRUP	MAPLE SYRUP
DEXTROSE	SUCROSE

Americans consume an average of

66 pounds of
added sugar

each year.



10,000 Steps- Boost your Health by Walking More

Always check with your doctor before starting a new exercise program..

Regular physical activity like walking, can boost your overall health, promote a healthy weight, and reduce the risk of chronic diseases like diabetes and high blood pressure. Regular exercise can also improve mood and manage stress. Counting your steps with a pedometer or other physical activity tracker, like the Fitbit, is a great way to become aware of your current activity level, work towards a goal, and monitor progress.

Why 10,000 Steps?

Popular guidelines recommend the goal of 10,000 steps as a daily target for healthy

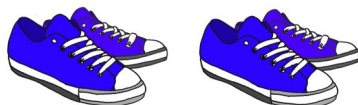
adults. On average 2,000 steps equal one mile. A daily goal of 10,000 steps (5 miles), encourages activity throughout the day. If you use a step tracker, for example, you might be more inclined to take the stairs rather than the elevator, or walk during your lunch break.

Starting Out

Use a step tracker for a few days to assess your normal activity level. It's best to start with small amounts of exercise and to gradually increase duration, frequency, and intensity over time. If your current activity level is 3,000 steps, for example, aim to increase your daily steps by 500 steps a day. If you are already very active, your daily step goal may be more than 10,000 steps.

A Step in the Right Direction

Tracking your steps might help you lose weight, lower your blood pressure, or just get you moving more. Whatever your goal, a fitness tracker can help motivate you and keep you accountable.



Levels of physical activity according to your daily steps:

Sedentary adults: <5,000 steps
Low Activity: 5,000-7,499 steps
Somewhat active: 7,500-9,999 steps
Active: >10,000 steps
Highly Active: >12,500 steps



MMHG 2017 Spring Walking Challenge April 10th –May 22nd

Walk. Get healthier. Win prizes.

Prize & registration information available at www.mmhg.org (click on the "What's New Tab").

Register by April 7th to be entered in a raffle to win a \$25 Gift Card to [Dick's Sporting Goods!](#)

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.

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

WOW! Coming in May 2017

****MMHG Regional Family Health & Wellness Fair celebrating healthy eating!**

****MMHG 4 Week Challenge to Eat 5+ Servings of Fruits & Vegetables a Day! Win Prizes, Improve your Health!**

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 SOUTHCOST
33 Charoe Pond Road Wareham MA 02571 508.295.9622 -ymcasouthcoast.org

TOTALFITNESS
www.totalfitnessclubs.com

FREE 7-Day Trial Membership
\$0 Join Fee

Free One on One Consultation

685 Pleasant Ave. Bristol, RI 02809 401-254-3900
207 Seaview Mall Dr. Seaside, MA 02270 508-679-9793
1301 Fall River Ave. (near 6) Seekonk, MA 02271 508-336-4545
340 Fausch Corner Rd. Dartmouth, MA 02747 508-995-5600

When you bring this coupon to your local club.

Be Healthier for Life at Healthtrax Fitness & Wellness

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

Healthtrax Fitness & Wellness

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

*Valid on month-to-month individual membership dues for members of Mayflower Municipal Health Group. Must be age 18 and may not be combined with other offers. Must present proof of MMHG membership.

Be Healthier for Life at Healthtrax Fitness & Wellness

Members of Mayflower Municipal Health Group receive \$20 Enrollment*

Healthtrax Fitness & Wellness

HANOVER, MA
1-800-505-5000

*Valid on month-to-month individual membership dues for members of Mayflower Municipal Health Group. Must be age 18 and may not be combined with other offers. Must present proof of MMHG membership.



**Mayflower
Municipal Health
Group**

P.O. Box 3390
Plymouth, MA 02361
www.MMHG.org

**Presorted Standard
U.S. Postage
PAID
Brockton, MA
Permit No. 1000**

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



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

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

***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



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 (781) 421-3764



KINGSTON

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**

\$0 ENROLLMENT

Free Personal Trainer Consultation with
New Membership

187 Summer Street (RK Crossing Plaza) Kingston

www.anytimefitness.com (781) 585-0444