

Mayflower Municipal Health Group

Beneficial Wellness Newsletter



ISSUE 22

SUMMER 2018

HOT

TOPICS:

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

MMHG/BCBS Subscribers logged **155,091** steps in the **Spring Steps Challenge!** Congratulations to raffle winners : Maria Ladino (West Bridgewater), David Ash (North River), Lee Gamache (Hanson), Lisa Green (Whitman), Marianne Christensen (Pembroke). Each won a \$25 gift card.



INSIDE THIS ISSUE:

The True Cost of Care 2

5 Ways you can Reduce Food Waste 3

Summer Reading List 4

Solve the MMHG Puzzle 6

What's Happening 8-9

New Summer Incentive

Improve Your Health, Get Rewarded!

Don't miss your chance to earn a \$25 gift card!

This summer, eligible **MMHG/Blue Cross Blue Shield subscribers** and spouses enrolled in active non-Medicare plans can earn a \$25 gift card for successfully completing an online wellness workshop. It's really that easy!

Click [HERE](#) to find out more or log into a [healthyme.com/login](#) and click on the wellness workshops link.

BCBS Subscribers & Spouses:

To get started sign up for at least one the following online workshops at [ahealthyme.com/login](#):

Tobacco Cessation * Weight Management * Physical Activity * Stress Management * Mind & Body Connection * Sleep Wellness * Financial Wellness * Dental Wellness * Prediabetes Prevention * Advance Care Planning

Harvard Pilgrim Subscribers:

Get a snapshot of your health in just 15 minutes— and earn a \$25 gift card from Target!

The [MMHG Health Assessment Incentive Program](#) has been extended through August 31st.

If you're a MMHG subscriber enrolled in Harvard Pilgrim click [HERE](#) to find out how to earn your gift card.



Breaking News



MMHG Members ate Over 6,000 servings of fruits & veggies in the MMHG 21 Day Fruits & Vegetables Challenge!

Congratulations to the following \$25 gift card raffle winners:

**Nicole Bonomi (Ply. County Retirement),
Lorraine Carrozza (Bridgewater), Tahnya DiCroce (Hull), Janis Ford (Hull),
Meg Hebert (Greater New Bedford), Jody Lynn (Kingston),
Deborah Perry (Wareham),
Donna Purtell (BAT),**



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.

The True Cost of Care- You have a Choice

For many of us, the cost of healthcare is invisible. We pay our copay but we don't think about the actual cost of service. But it's those actual costs that help drive healthcare inflation and directly affect our premium costs and rate increases. Understanding the actual cost of the medical care you receive can help you and your doctor assess the best and most cost effective treatment options.

Seeking the Appropriate Level of Care

It's Saturday, you have a sore throat & fever and your doctor's office is closed. You decide to go to the Emergency Room (ER) for a throat culture. After waiting several hours in the crowded ER waiting room, you find out you have strep throat, and get a prescription for antibiotics. What you may not know is that your visit to the ER probably cost about \$600. You paid your \$75-\$100 emergency room copay + deductible (depending on your plan).

A Better Option

You decide to go to a retail urgent care clinic like the CVS Minute Clinic. You wait a 1/2 hour and see a Nurse Practitioner who does a throat culture, diagnoses strep and writes you a prescription. You pay the less expensive office visit copay up to \$35 (depending on your plan). The entire visit would cost around \$90 (a fraction of the ER visit cost) because it is billed to your insurance company as an office visit not an emergency room visit.

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.

Check this out!



MMHG Wellness is raffling 10 **"Healthier at Home- Your Guide to Self-Care & Wise Health Consumerism"** books in a random drawing to be held on September 5th. To enter the raffle send an email to wellness@mmhg.org by August 31st (put "Healthier at Home" in the subject line). Or send us a postcard (postmarked by August 31st) indicating that you'd like to enter the "Healthier at Home" raffle (include your name, mailing address, and phone #). Winners will be notified and announced in the Fall issue of the MMHG Beneficial Wellness Newsletter.

The Healthier at Home reference book can help you make wise healthcare decisions by teaching:

- When you need to get medical care fast
- When to call or see your doctor
- When and how to treat a problem at home

The Bottom Line

The Mayflower Municipal Health Group is a self-funded group which means we pay our own claims. Multiply that non-emergency ER visit by the hundreds that occur every year for our group and you can see how fast costs can climb. When costs climb, your premiums climb. By going to the retail urgent care clinic when appropriate, instead of the ER, you can get the care you need at the right time at the right price. The choices we make really can impact the cost of our healthcare.

Blue Cross Blue Shield Members: Blue Care Line Benefit

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

Wouldn't it be nice to have a medical professional available at any time to offer help with questions like these? Now you can, just by picking up the phone and calling the Blue Care Line toll-free at 1-888-247-BLUE (2583). With the Blue Care Line, you can speak with a registered nurse 24 hours a day, 7 days a week.

Experienced professionals are always available to offer expert answers to your questions. Simply explain the situation, detail your symptoms, and the nurses will tell you whether you should see your doctor, go to the emergency room, or how to care for yourself at home.

Dial: 1-888-247- BLUE (2583)

MORE Ways to Save Money

Smart Shopper Rewards Program:

Eligible BCBS members enrolled in active non-Medicare plans can earn up to \$250 when they shop for certain health services (like colonoscopy or mammography) in an effort to choose a high quality lower cost provider. Visit www.mmhg.org for more information.

CanaRx Prescription Drug Program:

MMHG is now offering to non-Medicare HMO and PPO (BCBS & HP) members a new, cost saving international mail order drug program for brand name prescriptions— with no copays! The program is administered by CanaRx and does not replace your current prescription drug plan. Visit www.MMHGRx.com to learn more!

FAST FACT:

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

5 Ways You Can Reduce Food Waste

By Margaret Hebert

It is estimated that the United States wastes about 30- 40% of its food supply- a shocking statistic. This amount of waste is a big deal and has far-reaching impacts on things like food security, resource conservation, and climate change. Food waste can happen anywhere along the food supply chain (harvest, storage, transport, retail, and consumer).

As a consumer what can you do to help?

Nobody likes to throw away food. Our lives are hectic and it happens, but we can all do better. Here are 5 tips that can help you reduce food waste in your home.

1. **Observe-** What foods are going to waste in your home? Does half of the spaghetti land in the trash? Only cook half the bag. Bananas turn black before you get a chance to eat them? Peel, slice and freeze ripe bananas for smoothies. Note patterns and buy and cook less of whatever is going to waste.
2. **Plan-** Weekly meal planning is a great way to save money and reduce food waste in the home. Make a list of meals for the week, create a shopping list, and buy only what you need. This strategy can also help you eat healthier, saves time in the long run and can reduce stress.
3. **Organize-** Before grocery shop-

ping take an inventory of your pantry and refrigerator. Use food on hand first. Keep your refrigerator, freezer, and pantry tidy & organized. Label and date food storage containers (glass mason jars are great). Designate an "Eat First" area in the front of the refrigerator. A dry erase board on the front of the refrigerator is a great tool for communicating with family members about what to eat first.

4. **Store Smart-** Learn the best ways to store your food, and how long things keep. Click [HERE](#) for a handy chart on storing meats and eggs. Fruits and vegetables grown by local farmers may be fresher and tastier than those shipped long distances from larger farms- and will last longer. Click [HERE](#) for a cool chart on storing fresh fruits and vegetables for better taste. Click [HERE](#) for a helpful infographic on how to keep produce fresh longer.
5. **Embrace Leftovers-** So you cooked a whole bag of beans. Now what? You can make chili or beans & rice for dinner. Pack a bean & avocado burrito for lunch the next day. Smoosh some of the beans and use as a sandwich spread (yum). Invite your neighbors over for a taco party. If you still have leftover beans, freeze them. Click [HERE](#) to learn about leftovers and food safety.

If you have found a great way to organize the refrigerator, mastered food prep and freezing, or discovered the sweet spot for not over buying food, share your tips with us at wellness@mmhg.org. We'll include your tips in the fall newsletter.



Benefits of Reducing Wasted Food

<https://www.epa.gov/recycle/reducing-wasted-food-home>

Saves money from buying less food.

Reduces methane emissions from landfills and lowers your carbon footprint.

Conserves energy and resources, preventing pollution involved in the growing, manufacturing, transporting, and selling food (not to mention hauling the food waste and then land-filling it).

Supports your community by providing donated untouched food that would have otherwise gone to waste to those who might not have a steady food supply.

Meg Hebert is the wellness coordinator for Greater New Bedford Regional Refuse Management District and member of the MMHG Wellness Committee. She's passionate about plant based eating for health, and the environment.



WHAT'SUP? Have You Tried Stand Up Paddle Boarding?

Stand Up Paddle Boarding (SUP) is a fast growing water sport. It's fun, relatively easy for beginners to learn, and provides a very good workout- using just about every muscle in the body, and improving balance and core strength

SUP has it's roots in Hawaii, and Hawaiians have been practicing the sport for years as a way to keep fit and enjoy the water from a high vantage point or as an alternative/compliment to surfing.

SUP uses a surf style board (typically longer, wider and thicker than traditional surf boards) and a long paddle to propel through the water. It's a bit like a cross between canoeing and surfing.

SUP can be done in a variety of forms such as on flat water protected lakes, to easy beach paddling, to open water paddling, and all the way to surfing waves.

Click [HERE](#) for a link to *Stand Up Paddle Boarding (SUP) for Beginners*.



"One of my earliest memories is of seeing my mother in her beach chair, reading a book under an umbrella by the water's edge while my sisters and I played beside her. Of all the life lessons she taught me, that is one of my favorites: to take time at a place I love, restore my spirit with books and the beach."

~Luanne Rice

"My ideal summer day was reading on the porch."

~Harold E. Varmus



Can reading books help you live longer?

A 2016 research study titled [A Chapter a Day: Association of Book Reading with Longevity](#) looked at whether those who read books have a survival benefit over those who do not. The study found that book readers experienced a 20% reduction in risk of mortality over the 12 years of follow up compared to non-book readers.

The conclusion? The benefits of reading books include a longer life in which to read them.

Summer Reading— Picking up a Book Could Improve Your Health

Summer is made for reading. There's nothing better than spending the afternoon at the beach with a good mystery novel. Did you know there are health benefits that come along with reading books? Here are a few reasons a visit to your local library this summer could be good for your health.

Mental Stimulation:

Just like a brisk walk or jog exercises your muscles, reading a book is like a workout for your brain. It's true, your brain needs exercise to keep it strong and healthy. Reading can boost your brain power and keep your memory sharp as you age. Click [HERE](#) to find out more.

Improved Concentration:

In our screen obsessed world we seem to be pulled in a million directions— checking email,

scrolling social media feeds, while trying to get everything else done- *all the time*. When it's finally time to relax it can be hard to quiet the mind.

When you read a book, all of your attention is focused on ONE thing and this helps your mind learn to avoid distractions. Think of reading as part of your mindfulness practice— a way to improve concentration.

Stress Relief:

Getting lost in a good story can help you to distance yourself from the stress of everyday life, putting your mind and body at ease.

One 2009 study by [Sussex University researchers](#) showed that reading may reduce stress by as much as 68 percent.



More Sleep:

Reading a child a story before bed, can help ease them into sleep. The same holds true for adults. Sometimes it's hard to fall asleep when your mind is racing or you are worrying about things.

Reading a book, even if just for ten minutes, can help you push whatever was keeping you awake out of your mind and help you fall into a more relaxed sleep.



MMHG Member Summer Reading List:

Why not add a health & wellness book to your summer reading list? We asked the MMHG Wellness Community to recommend their favorites for a chance to win a \$25 gift card (congratulations to winner Jana lampietro from Whitman Hanson RSD). Check out these summer reading recommendations from the MMHG Wellness community:

"Animal, Vegetable, Miracle" by Barbara Kingsolver

"The Tapping Solution: A Revolutionary System for Stress-Free Living Paperback" by Nick Ortner

"Dying to be me" by Anita Moorjani

The Engine 2 Diet:: the Texas Firefighter's 28 Day Save Your Life Plan that Lowers your Cholesterol and Burns Away the Pounds" by Rip Esselstyn

"Strong Women Stay Young" by Miraim Nelson Ph.D.

"Pretty Happy" by Kate Hudson

"The Food Babe Way: Break Free from the Hidden Toxins in Your Food and Lose Weight, Look Years Younger, and Get Healthy in just 21 Days" by Vani Hari

"Fat for Fuel: A Revolutionary Diet to Combat Cancer, Boost Brain Health, and Increase your Energy" by Dr. Joseph Mercola

"Keto Clarity & Cholesterol Clarity" by Jimmy Moore

"A Plant based Life" by Micaela Cook Karlesen

"Rightsizing Your Life, Simplifying your Surroundings while Keeping What Matters Most" by C.J. Ware

Medicinal Power of Cannabis: Using a Natural Herb to Heal Arthritis, Nausea, Pain & Other Ailments" by John Hicks MD

"8 Weeks to Optimal Health" by Andrew Weil

"Unplug: a Simple Guide to Medication for Busy Skeptics and Modern Soul Seekers" by Suze Yalof Schwartz

"How to Get Sh*t Done" by Erin Falconer

"The Healing Self: A Revolutionary New Plan to Supercharge Your Immunity and Stay Well for Life" by Deepak Chopra, M.D. and Rudolph E. Tanzi, Ph.D.

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:

- Find articles, tips and the Healthy Times newsletter
- Watch videos and listen to healthy 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 information 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.



Harvard Pilgrim offers Telemedicine as a standard benefit for all HMO 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.

Here's a link for more information:
<https://www.doctorondemand.com/benefits/harvard-pilgrim/>

WARRIOR POSE: STRENGTH AND FOCUS

Warrior II is a simple and popular yoga pose that helps center your balance, focus and determination. It's one of several Warrior poses that bring a variety of movements to your routine, benefiting you both physically and mentally.

1. Begin with your arms relaxed at your side. Spread your feet wider than your shoulders.
2. Looking ahead, turn your left foot out 90°. Raise both arms, palms down, until they're level with your shoulders. Swivel your right arm forward and your left arm back. Focus on the tips of your fingers as you stretch your arms.
3. Extend and bend your left knee over your ankle, letting your hips sink toward the floor. Hold the position and breathe deeply for five seconds. Repeat on your opposite side.



**DE STRESS
MONDAY**

BCBS Free Identity Protection!



Blue Cross Blue Shield of MA now offers FREE identity protection services to members through Experian. For more information visit BCBS Member Central or call Member Services at 800-782-3675.



Solve and return the completed puzzle to us no later than September 10th (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 Robin Maraccini from Wareham. Robin won a wellness goody bag for solving the "Leafy Greens" word scramble puzzle in the spring newsletter!

Nuts & Seeds— Healthy Tips:

- ~Select raw or dry roasted nuts rather than those with added oil.
- ~Store nuts in an air tight container in the refrigerator or freezer.
- ~Nuts and seeds are energy dense (ranging from 160-200 calories/oz) so watch portion size if you're trying to lose/maintain weight.

Solve the MMHG Puzzle: Nuts & Seeds Rule

Do nuts & seeds have a place in a healthy diet? The answer is YES! These plant based proteins contain fiber, vitamins, minerals, antioxidants and are rich in mono- and polyunsaturated fats and omega 3 fatty acids, which according to research can reduce the risk of cardiovascular disease.

Instead of eating foods with saturated fats, like meat and dairy, try substituting a handful of nuts or a tablespoon or two of a nut spread. The American Heart Association recommends eating about four servings of unsalted nuts a week.

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

**ALMOND
BRAZIL
CASHEW
CHIA
FLAX
HAZELNUT
HEMP**

**MACADAMIA
PECAN
PISTACHIO
PUMPKIN
SESAME
SUNFLOWER
WALNUT**



Energy Bursts

Recipe: Nicole Cormier RD, LDN of Delicious Living Nutrition

These energy snacks are an amazing and healthier alternative to other sweets—pack them in the cooler on your next road trip.

INGREDIENTS:

- 2 carrots, shredded
- 1 cup raw almonds
- 1 cup raw walnuts
- 6 medjool dates (pitted)
- 1 teaspoon vanilla extract
- 1/4 cup oats
- 1 tsp cinnamon
- 1 tsp raw honey or maple syrup

Place all ingredients in a food processor or high speed blender. Blend until you see all ingredients are a large crumb size. Shape into any size ball of your choice. Roll into shredded coconut, hemp seeds or cacao powder for a healthy boost.

Refrigerate & enjoy! Experiment with different nuts, dried fruits, & seeds to create your own unique energy bursts.

Nicole Cormier RD, LDN demonstrates how to prepare energy bursts at MMHG Wellness event in Pembroke this spring.



Açaí & It's Powerful Punch

What exactly is açai, anyway?

By Nicole Bonomi

The açai (ah-sigh-EE) berry is a grapelike fruit harvested from açai palm trees, which are native to the rainforests of Central and South America. Açai berries are widely referred to as a “super food”, with proponents claiming health benefits for a variety of health concerns from arthritis to weight control.

The seed takes up about 80% of the açai berry, but the pulp and skin are packed with antioxidants, polyphenols and flavonoids (like those in red wine). Low in sugar, the berry is unique in that it is also rich in heart healthy polyunsaturated and monounsaturated fats, which give it a satisfying creaminess. Like all berries, açai is a good source of fiber, which keeps you feeling full and help keeps your blood sugar steady.

The best way to buy açai is in the frozen fruit department of most supermarkets (Trader Joes has it) where the açai pulp comes in frozen packets- perfect for blending into açai bowls or smoothies. The taste is often described as reminiscent of wild berries and chocolate- refreshingly tart, tropical, and not sweet.

Açai Bowls

Popular in Brazil, açai bowls are now super trendy in the United States- even Costco is selling one at it's food court! An açai bowl is basically a really thick smoothie-



ie in a bowl, topped with oatmeal or crunchy granola, coconut, seeds, sliced fruit and maybe even peanut or almond butter. It's also popular to add protein powder when blending the fruity açai base.

An açai bowl at a juice shop can cost you \$10 or more, and is a great breakfast or lunchtime treat. But you can make them at home for the whole family for less.

Nicole works for the Plymouth County Retirement Association and is the Vice Chairperson of the MMHG Wellness Committee. She is passionate about the health and wellness world and is a part time health coach & yoga instructor within the local community. She believes health nutrition and exercise is a lifestyle that never goes out of style.



Healthy Tip:

No Açai in the freezer?

Use any frozen fruit on hand to create a smoothie bowl or try this tropical smoothie bowl:

Blend together chunks of frozen mango, ripe banana, and a little coconut water (you'll want a thick puree). Go ahead and throw some baby spinach or kale in the blender too. Put the mixture in a bowl, top with fresh slices of banana, pineapple, almonds and shredded coconut.

How to Build an Açai Bowl

If you have a blender, it's easy to build your own açai bowl. Give it a try. With a little practice you'll be posting photos of your açai bowl masterpieces on [Instagram](#)!

Step One: Create the Base of your Bowl

Add the contents of one or two frozen açai packets to your blender. In order to get a creamy frozen consistency, you'll want to blend the pulp with frozen bananas or strawberries. Try one small ripe banana and a 1/2 cup of berries. Throw in a handful of spinach or kale for good luck if you'd like.

Add just enough liquid to the blender to get a soft sorbet-like consistency- almond milk or coconut water work well. Add protein powder too if desired. Once blended smooth, place the açai mixture in your prettiest bowl. It's time for the fun part.

Step Two: Get Creative with Toppings

Top the frozen puree with fresh fruit like banana & strawberry slices, blueberries, raspberries, chopped mango, pineapple chunks etc.

Sprinkle with coconut flakes, crunchy granola, hemp & chia seeds, slivered almonds. Add a scoop of peanut butter, a dollop of yogurt, chocolate chips- you get the picture. Enjoy with a spoon!

Click [HERE](#) for
açai bowl &
smoothie
recipes





What's Happening

Fiscal year 2018 was a great year for MMHG Wellness. Check out some of our accomplishments:

- 20 MMHG Member Units hosted at least one of 434 worksite seminars or exercise classes
- 1,110 members attended a one hour wellness seminar/exercise class
- 25,984 miles logged in the MMHG Fall Walking Challenge
- 27 MMHG Member Units received a MMHG Wellness grant
- 4 Member Units are growing employee vegetable gardens

MMHG Wellness FY19 Coming This Fall

- ~Fall Walking Challenge
- ~Maintain Don't Gain Challenge
- ~Prediabetes Series
- ~Worksite Yoga, Zumba & More!
- ~Worksite Lunch & Learns
- ~New Regional Wellness Seminars

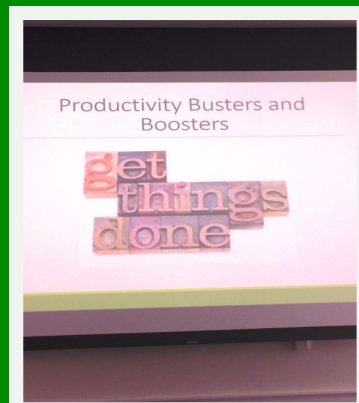
PHOTOS FROM FY18 MMHG WELLNESS EVENTS



Cooking With Kids Pembroke



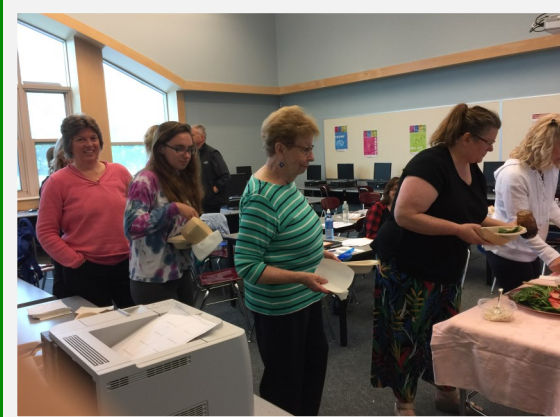
Halifax— Employee Vegetable Garden



Productivity Boosters Bridgewater



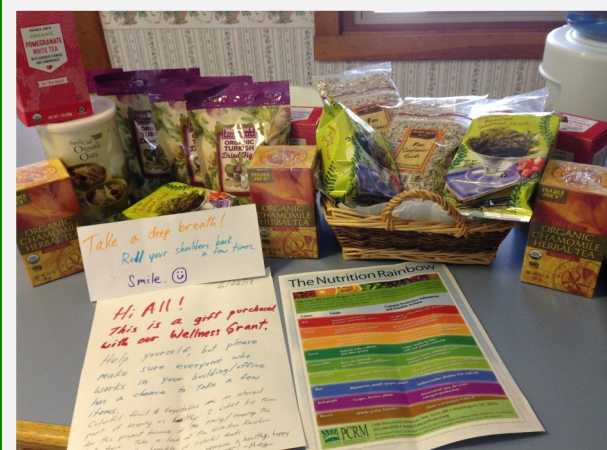
Row & Ride Event



Silver Lake RSD Cooking Demo



Warehan Cooking Demo



Greater New Bedford— Healthy Eating Promo



Halifax Wellness Scavenger Hunt

FY18 MMHG Program Offerings:

Quarterly Beneficial Wellness Newsletter ~ Incentive Programs ~ Fitness Center Discounts ~ Workplace Flu Clinics ~ Walking Programs ~ Healthy Challenges ~ Biometric Screenings ~ Worksite Wellness Seminars ~ Wellness Grants ~ Regional Wellness Workshops & Group Exercise Classes ~ Healthy Cooking & Nutrition Classes ~ Financial Wellness Series & More!



Hanover Health Fair



Fall Walking Challenge Kick Off



Paint Night— PCR



Healthy Cooking Gadgets— Hanson



Mayflower Municipal Health Group
www.MMHG.org P.O. Box 3390 Plymouth, MA. 02361

Wow! Check out the exclusive local fitness coupons for MMHG members.



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



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



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



ROW & RIDE
NEW CLIENT SPECIAL
\$25 UNLIMITED WEEK OF CLASSES!



Follow us on Facebook



Follow us on Instagram



Follow us on Twitter

Members of Mayflower Municipal Health Group pay \$0 Enrollment! *

Free Fitness Pass*

Group Classes • Pool • Personal Training • Court Sports • Babysitting
 Hanover, MA North Dartmouth, MA East Providence, RI

800-505-5000 www.healthtrax.com  **Healthtrax**
 FIT FAMILIES FOR LIFE

*Valid for members of Mayflower Municipal Health Group. Must be 18 or older to join and for guest pass and present proof of MMHG membership. Guest policies apply. Expires 2/1/19. Cannot be combined with other offers.



TOTAL FITNESS
www.totalfitnessclubs.com
FREE 7-Day Trial Membership
\$0 Join Fee
Free One on One Consultation

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

When you bring this coupon to your local club.



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



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