

Mayflower Municipal Health Group

Beneficial Wellness Newsletter

ISSUE 5

WINTER 2014

HOT TOPICS:

WOW- get a free
MMHG tote bag!

Here's How: All
you have to do is like
us on our [Facebook
page](#) (Mayflower
Municipal Health
Group Wellness)
now through the
month of February
and we'll send you a
handy MMHG tote
bag!

Bonus!! Be one of
the first 10 to like us
and receive an insu-
lated MMHG lunch
bag!

INSIDE THIS ISSUE:

MMHG Healthcare IQ Corner	2
Start a Gratitude Journal	3
MMHG Wellness Puzzle	4
What is the DASH diet?	5
Have You Tried- Cardio Kickboxing?	6
Old Colony YMCA Coupon!	7
3 Reasons to Swim	7

& More!!!!



Happy New Year MMHG Members!

The Mayflower Municipal Health Group's 2014 Wellness program is off to a running start with the publication of our 5th Wellness newsletter.

The **Beneficial Wellness Newsletter** is published 4 times a year- usually electronically, then distributed by email, and posted on our [website](#). We are pleased to print and send our winter 2014 issue by U.S. Mail to all of our subscribers- including retirees! If you would like to receive wellness updates and future issues of this newsletter by email just let us know. Send an email to wellness@mmhg.org or fill out the form at the bottom of this page. **Don't delay, act now, and we'll send a 2014 MMHG Wellness wall calendar with monthly health tips to the first 25 people that sign up!**

MMHG WELLNESS INITIATIVES

Here are some of the exciting Wellness initiatives we have planned for 2014.

MMHG Wellness is on the Web- Be sure to follow us on [Facebook](#) and [Twitter](#) for healthy living tips, recipes and the latest information on MMHG Wellness Initiatives! You can also check us out at www.mmhg.org- click on the Wellness tab.

Colonoscopy Incentive- Eligible subscribers and spouses can get a \$50 gift card for getting a colonoscopy in 2014. Check your mail for postcard or visit our [website](#) for more information.

ToGo Kits- The MMHG has ToGo kits available to members on the following topics- Stress Management, Back Care Basics, and Smoking Cessation. Kits come with a CD Rom and printed materials. Request a kit by sending us an email at wellness@mmhg.org.

Additional programs: The following programs are available to individual member units so please ask your Wellness Coordinator for more details:

Wellness Grants- Wellness grants are available to help fund

worksite employee wellness programs like exercise classes, weight loss challenges and worksite vegetable gardens.

Seminars and Screenings- Worksite seminars on topics like ergonomics, stress management, and healthy cooking. A variety of health screenings like blood pressure and glucose screenings are also available.

The MMHG Spring and Fall Walking Challenges- Participants can win prizes by walking their way to improved health and by logging and tracking their progress!

MMHG Summer Passport to Wellness- Sign up and win prizes by taking part in this fun, new program with a focus on eating more fruits and veggies and exercising. Scheduled for June and July.

MMHG Maintain Don't Gain Holiday Challenge- Avoid holiday weight gain and minimize seasonal stress and win prizes! The 6 week challenge begins in late November and runs through New Years Day.

Check out our [website](#) for more programs and our complete annual plan.



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

NAME: _____

PHONE: _____

ADDRESS: _____

EMAIL ADDRESS: _____

(Please print all information clearly)

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.

Getting the Most Out of Your Doctor Visit

You and your doctor are partners in your healthcare. And like any partnership, both parties must play an active role to make it work. As a patient your role is to come to the appointment prepared, to communicate effectively and honestly, and to understand your doctor's instructions.

Be Prepared:

Before your appointment take some time and write down important information such as:

- Medications with dosage and date started: (ex: Simvastatin, 20 mg daily,

10/2011)

- Over-the-counter medications including supplements: (ex: iron 65 mg daily, 2/2002)
- Drug allergies and sensitivities
- Medical conditions with date of diagnoses: (ex: arthritis 2008)
- Hospitalizations with dates: (ex: right knee replacement 2009)

Make the Most of your Limited Time:

You have a limited amount of time with your doctor so you want to use it as efficiently and effectively as possible. Think about your top one or two complaints or concerns before your visit and start the appointment by discussing them. Many people save their main concern for the end of the appointment. By then, it's often too late for the doctor to give you the time you deserve.

Be Open and Honest:

Don't feel guilty or embarrassed. Talk to your doctor about things that put your health at risk like smoking, alcohol use, diet and exercise. Tell your doctor if you're not taking your medication as prescribed and if you use any dietary or herbal supplements. Write down your questions and concerns prior to your

appointment. For example, if you are seeing your doctor because of back pain, keep a pain diary in the weeks and months leading up to your appointment. Share the diary with your doctor— he or she is invested in your good health and can help you develop strategies to improve your health.

The Bottom Line:

Understanding your doctor's response is essential to good communication. The National Institutes of Health has some tips:

- If you don't understand a doctor's response, ask questions until you do understand.
- Take notes, or get a friend or a family member to take notes for you.
- Ask your doctor to write down his or her instructions to you.
- Ask your doctor for printed material about your condition.
- If you still have trouble understanding your doctor's answers, ask where you can go for more information.

Communication and preparation are the key components of a productive doctor-patient relationship. Take an active role in your healthcare and get the most out of your doctor visits!

3 Ways to Save on Prescription Drug Costs

Prescription drugs are very expensive and more of us are taking them on a regular basis. Here are a few ways to **SAVE** on your prescription drug costs:

1. **\$9 Medications!** If you are a Blue Cross Blue Shield member, check to see if your generic prescription drug is on the \$9 list (for a 90 day supply if you use mail order plan). Visit www.mmhg.org for more information.
2. **Mail Order!** Use your mail order prescription drug plan and you could save a lot of money on the

prescriptions you take regularly.

3. **Shop Around!** Usually, the small local pharmacy has cheaper prescription costs than the big chain stores. If you don't have a local pharmacy, check out Costco or Walmart as they have discount generic drug programs (generic drug prices may be cheaper at retail cost than your lowest copay when using your health insurance).

Tell your doctor if you are having trouble affording your prescription drugs— there may be a less expensive medication that



you can use. Don't stop taking prescribed medications as this could have dangerous consequences!

For more ways to save visit www.mmhg.org for a list of helpful and informative links regarding prescription drug costs and how you can save money.

Next Issue: How you can make a difference in rising healthcare premiums.



Why not start a gratitude Journal? Write down 5 things a day that you are grateful for— like nice conversations with a friend, your child's smile, a glimpse of a red cardinal against a snowy background. Keep it up for several months and notice the difference in how you feel.

The science supports the benefits of a gratitude journal. "In an experimental comparison, those who kept gratitude journals on a weekly basis exercised more regularly, reported fewer physical symptoms, felt better about their lives as a whole, and were more optimistic about the upcoming week compared to those who recorded hassles or neutral life events." (Emmons & McCullough, 2003)

A Year of Gratitude— a Personal Story

By Karen Cabral RN

Happy New Year!

I hope this finds you well. This year, plan to make it your best year ever! How you ask??

Gratitude...It means everything!! Without it, your Spirit will not soar.

As I look back on this past year, the diagnosis of rheumatoid arthritis was one I was not grateful to hear. I awoke one day to my hand being so swollen I could hardly move it or even wash my face, never mind ride my Harley....Nooooo!!!! I was experiencing what many have, it was my turn. I realized that there is nothing

more powerful to change your perspective than an attitude of gratitude. Regardless of the scope or size of the challenge, gratitude will create a healthy mind, a healthy body, and a healthy Spirit.

Though nothing about this experience was pleasant, I knew a gift lay hidden in this journey. I humbly discovered how important each day of health was to me.

It was my personal experience with rheumatoid arthritis which fueled my desire to focus and share the importance of the fact that **what we eat does matter!** It uncovered the passion within me to bring that understanding of health to others.

What a gift!

Writing this has brought me to reflect on the past year and what I desire the New Year to bring. Reflection paints the picture of what we want more of and what hasn't served us so well. Take the time to honor where you've been and where you would like to go. And remember to be grateful wherever you are.

Karen Cabral is a Registered Nurse and Certified Health Coach

Attention MMHG members—do you have an inspirational story to share? Let us know! Send an email to: wellness@mmhg.org

Sweet Dreams— Getting a Good Night's Sleep

*A flock of sheep that leisurely pass by,
One after one; the sound of rain, and
bees
Murmuring; the fall of rivers, winds and
seas,
Smooth fields, white sheets of water, and
pure sky;
I have thought of all by turns, and yet do
lie
Sleepless!
~William Wordsworth*

Do you get a good night's sleep most nights? Do you often "skimp" on sleep because you have too much to do? Are you one of the [50-70 million adults](#) in the USA with a sleep disorder like insomnia or obstructive sleep apnea? A good night's sleep can be as [important to good health](#) as eating well and exercising. According to the [National Sleep Foundation](#) not getting enough sleep is linked with:

- Increased risk of motor vehicle accidents
- Increase in body mass index – a

greater likelihood of obesity due to an increased appetite caused by sleep deprivation

- Increased risk of diabetes and heart problems
- Increased risk for psychiatric conditions including depression and substance abuse
- Decreased ability to pay attention, react to signals or remember new information

Sometimes, getting a good night's sleep is not always easy to accomplish. Experts recommend the following advice for getting a better night's rest.

Set a schedule. Go to bed and wake up the same time, even on weekends.

Avoid caffeine and alcohol close to bedtime. Finish consuming at least 2-3 hours before you go to sleep.

Exercise regularly. One of the many benefits of exercise is that it helps you sleep better.



Turn your bedroom into a sanctuary. That means no TV or computer. Sleep on a comfortable mattress and create a dark, cool, quiet environment. **Establish a relaxing bedtime routine.** Begin an hour or so before bedtime. Take a warm bath, listen to soft music or meditate.

If you can't sleep— Get up and go into another room and do something relaxing until you feel tired (avoid computers and smartphones).

Seek help—If your sleep problems are persistent be sure to tell your doctor or a sleep professional.

February is Heart Health Month



www.smokefree.gov
1-800-quit now

In recognition of **Heart Health Month** the Mayflower Municipal Health Group is partnering with participating member units to promote the importance of following a heart healthy lifestyle by offering employees free blood pressure screenings, educational outreach, and seminars in cardiovascular health, stress management and healthy cooking demonstrations.

The numbers are staggering. According to the Centers for Disease Control:

- About 600,000 people die of heart disease each year in the United States— 1 in every 4 deaths.
- Heart disease is the leading cause of death for both men and women.

Key risk factors for heart disease are high blood pressure, high LDL cholesterol, and smoking. About **half of Americans** (49%) have at least one of these three risk factors. Other medical conditions and lifestyle choices can also put people at a higher risk for heart disease. These include diabetes, being overweight or obese, poor diet, physical inactivity and excessive alcohol use.

Your best defense against heart disease is following a heart healthy lifestyle. That means eating a healthy diet that is low in salt; low in total fat, saturated fat, and cholesterol; and rich in fresh fruits and vegetables. Check out the DASH diet on the next page!!
You should exercise at least 30

minutes a day 5 times a week and if you smoke you should quit as soon as possible.

For more information— Want to educate yourself more about cardiovascular health? Here are some great resources.

American Heart Association
<http://www.heart.org/HEARTORG/>
Centers for Disease Control
<http://www.cdc.gov/heartdisease/>
28 Days to A Healthier Heart
http://www.cdc.gov/salt/healthy_heart_tips.htm
Weight Control Information Network
<http://win.niddk.nih.gov/>

Solve and return the completed MMHG Word Scramble puzzle no later than March 1st (be sure to include your name and email address and phone number) 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 Jane Ellis.
She won a wellness goody bag for solving the Word Search puzzle in the Fall newsletter!

MMHG Word Scramble Puzzle

Instructions:

In celebration of Heart Health Month unscramble each of the clue words.

Copy the letters in the numbered blocks to the other blocks with the same number to solve the puzzle.

QITU NIKGOMS

				5											

XISREECE

		7	4												

TAE LAHYEHT

			6	8	9	1	12								

LESO GIWHITE

				2						11	10				

NRDIK SELS HOCLALO

															3

1	2	3	4	5											

6	7	8	9	10	11	12									

The Heart Healthy DASH Diet



A recent US News and World Report of the best diets of 2014 (according to a team of nutritionists and health specialists) ranked the DASH diet as the “Best Diet Overall” out of a pool of 38 currently trending diets.

The [National Heart, Lung, and Blood Institute](http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/index.htm) (NHLBI) helped develop DASH

(Dietary Approaches to Stop Hypertension) as a way to prevent and lower high blood pressure. Rigorous research and studies have since shown that following the DASH eating plan can lower high blood pressure which is a risk factor for coronary heart disease and stroke.

The DASH Diet Basics:

- Low in saturated fat, cholesterol, and total fat
- Focuses on fruit, vegetables, and fat free or low-fat dairy products
- Rich in whole grains, fish, poultry, beans, seeds, and nuts
- Contains fewer sweets, added sugars and sugary beverages, and red meat than the typical American diet
- Lower in sodium (salt) than the typical American diet (1,500 mg/day as opposed to the current average of 3,000+ mg/day in the average American diet)

The Dash plan focuses on foods that are rich in nutrients that are associated with lowering blood pressure—mainly potassium, magnesium, calcium, protein, and fiber. These include foods like potatoes, spinach, bananas, lentils, kidney beans, yogurt, and lean poultry and fish. DASH recipes encourage the use of spices as flavoring rather than salt.

Losing Weight:

Though the DASH eating plan was not designed specifically as a weight loss plan it is easily adapted by those who want to lose weight. Because it emphasizes so many healthy foods— it has been shown to result in weight loss. Check with your doctor.

Want to Learn More?

The NHLBI publishes this free 64 page guide to the plan:

<http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/index.htm>

Warm Winter Recipes



Adopting a heart healthy diet does not have to be bland and boring. Live up your dishes with herbs and

spices instead of extra salt. Another great way to add flavor is with citrus and vinegars—try a squirt of lemon or lime or a drizzle of flavored vinegar in your soup, stew, chili or stir fry.

Turkey Chili with Beans and Veggies

Serves 6

- 2 t canola oil
- 1 lb. lean ground turkey
- 2 onions, chopped finely
- 1 green pepper, chopped finely
- 1 red pepper, chopped finely
- 1 zucchini, chopped finely
- 4 cloves of garlic, minced
- 1 28 oz can chopped tomatoes*
- 1 15 1/2 oz can pinto beans*

- 1 15 1/2 oz can black beans*
- 2 T chili powder (or more to taste)
- Cayenne pepper to taste (optional)
- 1/2 t black pepper
- 1/4 t kosher salt
- *Choose low sodium tomatoes & beans

Garnishes: Chopped fresh cilantro, Diced fresh tomatoes, Lime wedges, Low sodium salsa, Low fat sour cream

Heat the canola oil in a Dutch oven over medium-high heat. Add the turkey and cook, stirring constantly to break up the meat into small pieces, until no longer pink, 6 to 8 minutes. Add the onion and the bell peppers, and zucchini, and garlic sautéing until soft, 5 to 7 minutes. Add the tomatoes, and beans stirring to combine. Bring the mixture to a simmer, and add the chili powder, cayenne, pepper and salt.

Lower the heat to medium-low, cover, and cook at a constant simmer until the flavors have melded, 30 to 45 minutes. Taste and adjust the seasonings, if needed. Ladle the chili into bowls and serve with garnishes.

Chicken and Broccoli Stir Fry

Serves 4

- 3/4 cup low-sodium chicken broth
- 3 tablespoons low sodium soy sauce
- 1 teaspoon rice vinegar
- 1/4 teaspoon red pepper flakes
- 2 teaspoons cornstarch
- 2 tablespoons canola oil, divided
- 1 pound boneless chicken breast, cut into small strips
- 3 cloves garlic, minced
- 2 teaspoons minced peeled fresh ginger
- 3 cups small fresh broccoli florets

Combine broth, soy, vinegar, pepper and cornstarch in a bowl. Heat a heavy skillet over high heat, add 1 tablespoon oil. Add chicken and stir-fry until lightly browned, about 2 minutes. Remove from pan and set aside. Add remaining oil, garlic and ginger; stir-fry 30 seconds. Add broccoli and stir-fry 2 minutes. Add soy mixture and chicken, stir well, and cover. Lower heat to medium and simmer until vegetables are tender, about 3 minutes. Serve with hot cooked brown rice.

There's an App for That



Your smartphone or tablet device can be a powerful and motivating tool when it comes to your health. Here are 3 very cool apps to check out-right now.

Yoga Studio— This app for iPhone and iPad gets rave reviews. With a library of 280 poses and 16 hours of classes in HD video it appeals to both the beginner and the advanced student.

\$2.99 Modern Lotus

iPharmacy Drug Guide—

With over 1 million downloads this user friendly app can help you identify your pills and help you understand your medication treatment. Powered by **GoodRX** you can compare prices for prescription drugs at most major U.S. pharmacy chains and many local chains. Save money with coupons and discount card. Available for IOS and Android.

Free MedConnections

Whole Foods Market Recipes—

Search the Whole Foods collection of over 3,000 recipes by course, cuisine, or special diet- like gluten free, vegan, low fat etc. Rate recipes, save them and even add your own photos. Available for IOS (Android coming soon).

Free Whole Foods Market, Inc.

Check out previous editions of the MMHG BEneficial WELLness NEWS at www.mmhg.org for more articles about healthy apps!

Important Information for MMHG members:

Just a reminder that you are **required** to notify your employer within 30 days regarding the following life changes:

- ◇ 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

Special notice for retired members with Medicare A & B:

- ◇ In order to be eligible for continued coverage with the MMHG you must continue to pay your Medicare Part B premium.

Have You Tried— Aerobic Kickboxing?

Aerobic Kickboxing is a high energy workout that combines martial arts techniques, boxing and heart pumping cardio. Don't expect any contact punches or kicks in an aerobic kickboxing class—these will be done in the air or with a punching bag!

Depending on your instructor you can expect an aerobic

kickboxing class to include punching and kicking drills set to music with jump roping, side to side shuffling, squats and lunges.

The high intensity of an aerobic kickboxing class means that you can burn anywhere from 300-400 calories an hour! You can also expect improved strength, flexibility, and endurance.

You can find aerobic kickboxing classes at most area fitness centers and some martial arts studios. Why not give it a try?



Next issue: Have you tried Cycling?

MMHG Colonoscopy Incentive

Eligible MMHG members can receive a **\$50 gift card** for having a colonoscopy in 2014!

The incentive is available to all Blue Cross Blue Shield and Harvard Pilgrim subscribers and spouses age 50 and over or high risk and enrolled in non Medicare plans. The colonoscopy incentive program is **not** available at this time to Medex and Harvard Pilgrim Medicare Enhance subscribers.

Colonoscopy screenings are recommended for anyone who may be at higher than average

risk for colorectal cancer.

Colonoscopy screenings save lives by detecting precancerous polyps early so they can be removed before turning into cancer. For more information about colon cancer go to <http://www.cdc.gov/cancer/colorectal/>.

Visit **www.mmhg.org** (**What's New**) for details about the MMHG colonoscopy incentive program.

Did you know?

Colorectal cancer is cancer that occurs in the colon or rectum, Sometimes it is called colon cancer, for short.

In the United States colorectal cancer is the 3rd most common cancer for men and women.

Colorectal cancer is the 2nd leading cancer killer in the United States.

About 9 out of every 10 people whose colorectal cancer is found early and treated are alive 5 years later.

Old Colony YMCA— Save up to \$50!

Rediscover your local YMCA.


The YMCA believes that being healthy means much more than being physically active. They provide programs that support the development of a healthy mind, body, and spirit for families and individuals of all ages.

An Old Colony YMCA membership includes use of the wellness center, pool, and all group exercise classes, as well as free child watch and reciprocity at all 6 of their full service branches. Members can take advantage of Get Started appointments with a personal trainer and/or nutritionist to discuss goals and become acquainted with the fitness environment. You can continue with nutrition counseling, personal training, and a variety of other options.

At the YMCA you will find sports, arts, swimming, and dance programs for the family, and low impact programming for active older adults. They also offer programs focused on disease prevention such as the Diabetes Prevention Program and programs reclaiming health following disease. YMCA's LIVESTRONG® wellness program builds physical, emotional, and spiritual strength and self-confidence for cancer survivors.

At the Y everyone is welcome and everyone is family!

Please see the special coupon offer for MMHG members to join now and waive the joiner's fee!!



\$0

JOINER'S
FEE

*Must present this ad to receive Joiner's Fee savings. Offer ends 2/28/2014. Joiner's fee savings up to \$50. Membership rates apply. Not to be combined with any other offers.

WE ARE YOUR RESOLUTION FOR 2014

MEMBERSHIP INCLUDES
 GROUP FITNESS CLASSES
 CHILDWATCH CARE WHILE YOU WORKOUT
 BEST RATES ON ALL OFFERINGS
 PRIORITY CLASS REGISTRATION
 FAMILY EVENTS AND ACTIVITIES
 MEMBERSHIP PRIVILEGES AT OTHER Y'S
Call, stop in, or visit our website to learn more!

OLD COLONY YMCA
BROCKTON
 320 Main Street
 508-583-2155




EASTON
 25 Elm Street
 508-238-9758

E. BRIDGEWATER
 635 Plymouth Street
 508-378-3913

MIDDLEBORO
 61 East Grove Street
 508-947-1390

STOUGHTON
 445 Central Street
 781-341-2016

TAUNTON
 71 Cohannet Street
 508-823-3320

OLD COLONY YMCA.ORG




Did you know...

- MMHG members may be eligible for a \$150 Fitness reimbursement and/or a \$150 weight loss reimbursement!

Check out www.mmhg.org and click on the Wellness tab for more information. See back page for more coupons to local fitness facilities.

Take the Plunge— 3 Reasons to Swim for Exercise



Swimming is a low impact form of exercise that is accessible to all ages and fitness levels.

Thinking about swimming for exercise? Here are 3 very good reasons to start now.

It's easy on the body—Swimming is low impact and the water's buoyancy makes it an ideal exercise for people with arthritis, disabilities, and those recovering from injuries. Swimming is perfect for overweight people who may have trouble with other forms of exercise.

It's good for your heart and health—Swimming is an aerobic exercise. According to the [American Heart Association](http://www.heart.org)

exercising as little as 30 minutes a day can reduce your risk of heart disease. Swimming also burns a lot of calories and can help you lose weight while increasing muscle tone and strength.

It can lift your spirits—[The Centers for Disease Control report](http://www.cdc.gov) that water based exercise can improve mental health. Swimming has been shown to improve mood in both men and women. Studies also indicate that swimming may have a positive effect on the mental health of expectant mothers.

A Winter's Day in Southeastern MA...



Photos courtesy of Gabby Morse



**Mayflower
Municipal Health
Group**

P.O. Box 3390
Plymouth, Ma. 02361

Phone: 774-773-9309
Fax: 774-773-9403
www.MMHG.org

**Presorted Standard
US Postage
PAID
Marshfield, MA
Permit #3**

MAYFLOWER MUNICIPAL HEALTH GROUP CONSISTS OF THE FOLLOWING GOVERNMENTAL UNITS: ~Abington ~ Bridgewater ~ Bristol County ~ Brockton Area Transit Authority ~ Carver-Marion-Wareham Regional Refuse Disposal 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 ~ South Shore Tri-Town Development Corporation ~ Wareham Fire District ~ Water Works (Abington-Rockland) ~ West Bridgewater ~ Whitman ~ Whitman-Hanson Regional School District ~



[Like us on Facebook](#)



[Follow us on Twitter](#)

LIVE.LIFE.BELIEVE. FITNESS CENTER

10 CORDAGE PARK - PLYMOUTH MA 508-746-1000 www.LiveLifeBelieve.com

ONE WEEK TRIAL

For all Mayflower Municipal Health Group Members

Limit - One per member - Please Print To Redeem

We look forward to meeting you
and helping you on your way to GREAT HEALTH!



Small Group Personal Training

Mayflower Municipal Health Group Members
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



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