

WIN A LIVING WELL TO-GO KIT!

Print, solve and return the completed puzzle to MMHG no later than **April 1st** and you'll be entered in a random drawing to win one of four **Refresh and rejuvenate to-go kits**. The act of rejuvenation can give you renewed energy! Benefits include improved mood, decreased blood pressure, and bolstered immune health. This kit contains a lemon verbena candle and lemon verbena bath products.

Complete the bonus poll below for a chance to win a \$50 gift card voucher!

Return your completed puzzle by:

Email-

wellness@mmhg.org

or FAX-

774-773-9403

or Mail-

MMHG

PO Box 6008

North Plymouth, MA 02362

If you would like a printed copy of the puzzle mailed to you call 774-773-9306 or request by email at wellness@mmhg.org.

Your Name:

Email Address:

*Member Unit:

Mailing Address (to send prize if you're a winner)

Eligibility: Raffle is open to all employees, retirees, dependents 18+ of MMHG member units. *Your member unit is the municipal entity (town, district etc.) you work for or retired from.

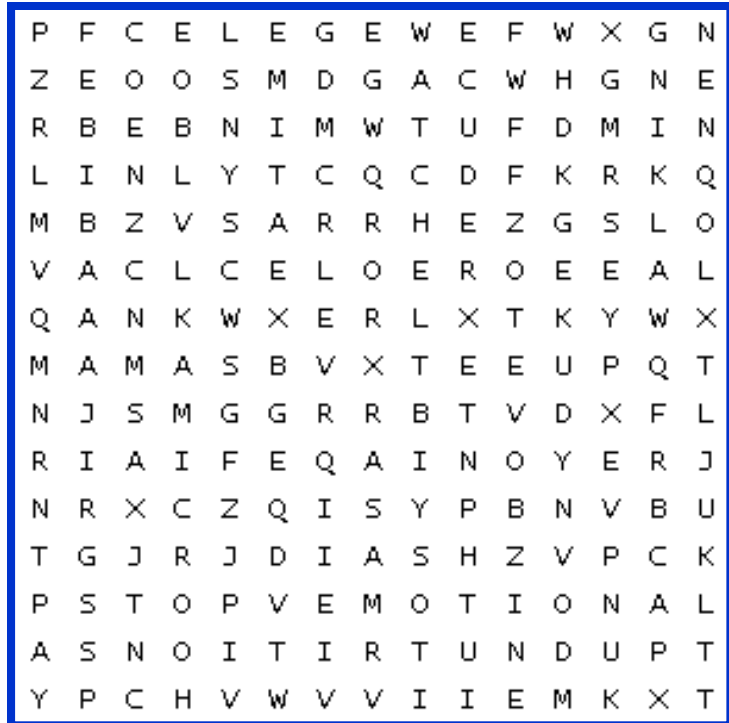
Winners will be notified by email on April 2nd and published in the spring newsletter.

Fall Puzzle Raffle Winners: Blake Monachino (SSEC), Dawn Demaggio (Rochester), Ned Bangs (Marshfield), Dina Amado (Whitman), Tammy Hillery (Halifax)

SOLVE THE MMHG WELLNESS PUZZLE

Heart Health Month Puzzle

Puzzle Directions: Circle or highlight the in the word search puzzle below. Look across, down, diagonally, upside down, and backward to find the words in **BOLD**.



EXERCISE to build a healthy heart.

WALKING is one of the best, all-around exercises.

VISIT your health professional regularly.

STOP smoking.

CONTROL your blood pressure.

WATCH your weight.

Eat heart **SMART**.

Read **NUTRITION** labels.

Get plenty of **SLEEP**.

REDUCE "bad" cholesterol levels.

Keep **DIABETES** in check.

Boost your **EMOTIONAL** health.

MANAGE stress.

****BONUS** Poll**

What Heart-Healthy MMHG Wellness Programs would you like to see more of?

- ☐ Walking/Activity Challenges
- ☐ Nutrition/Healthy Cooking Webinars and Seminars
- ☐ Stress Management/Mindfulness Webinars and Seminars
- ☐ Exercise Classes Virtual and In-Person
- ☐ Other: _____

Select one or write in your favorite (other) for a chance to win a \$50 gift card voucher. We'll share poll results in the next newsletter!