



Attention MMHG Members:

Why Not Try Yoga?

FREE 6 Week Yoga Program

Yoga Benefits:

- * Great for all levels & abilities.
- * Can lower blood pressure
- * Can reduce insomnia
- * Can lessen chronic pain, such as lower back pain, arthritis pain & headaches
- * Creates flexibility & balance
- * Brings the mind, body & breath together
- * Perfects your posture

- * Prevents cartilage & joint breakdown
- * Protects your spine
- * Better your bone health
- * Increases your blood flow
- * May help relieve anxiety, depression
- * Makes you happier & helps manage stress
- * Relaxes your system

Register Today!

Where: Bridgewater Academy Building (Council Chambers) 66 Central Square

When: 4:30 P.M.– 5:30 P.M. Thursdays April 30 May 7, 14, 21, 28 June 4

Register: By email at wellness@mmhg.org or call 774-773-9306

Program is brought to you by the Mayflower Municipal Health Group (MMHG) and is FREE to all employees, retirees & dependents (18+) of MMHG member units.

Don't worry if you haven't taken a yoga class before.

This class will give you the opportunity to learn the basics and is appropriate for most fitness levels. All you need to bring to class is a yoga mat and a water bottle. You'll also want to wear comfy exercise clothes. Be sure to arrive a few minutes early before the first class to sign in and complete a fitness waiver form. ***Always check with your health care provider when beginning a new exercise program.***