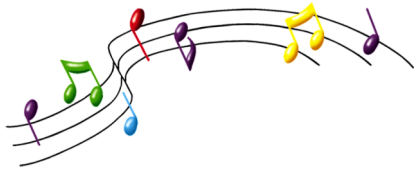


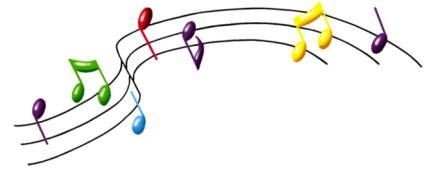
**MMHG Wellness Presents:**

***Summertime Zumba Toning***

**(via Zoom) with instructor Debbie Rafferty**



*Dance away  
the stress!*



*Have fun this  
summer while  
getting fit!*

**Wednesdays, 9:00 A.M.– 10:00 A.M.**

**7/20, 8/3, 8/17, 8/31**

**How it works:** You must register by email at [wellness@mmhg.org](mailto:wellness@mmhg.org) (or call 774-773-9306). Once registered you will be sent a fitness waiver via email to sign and return. Once MMHG receives your completed fitness waiver, you will receive instructions on joining the class via Zoom. ***This regional program is brought to you by MMHG Wellness and is FREE to all employees, retirees & dependents 18+ of MMHG member units.***

**Zumba Benefits:**

- \* Improved balance & muscle tone
- \* Burns calories
- \* Heart healthy
- \* Increased bone density
- \* Good for all levels

- \* Mood boosting
- \* Improves endurance
- \* Increases your blood flow
- \* Makes you happier & helps manage stress
- \* Improves coordination

**Register Today!**

*Always check with your health care provider before beginning a new exercise program.*