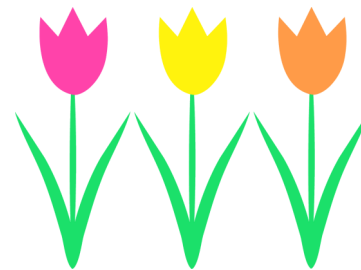


MMHG Wellness

April 2021 Schedule of Events



Date/Time	Event	Other information
April 12th- May 23rd Registration begins April 1st	Go for the Gold Step Challenge! Click HERE for raffle prize and registration information.	This team based challenge takes participants on a historical journey to learn about and practice exercises that mimic moves of competitors in the games originally held in Olympia! Through weekly fun facts and engaging "how-to" videos, this challenge encourages participants to move like an Olympian! Wellable Points are earned by tracking physical activity and completing optional creative weekly exercises, each inspired by a different event that took place during the ancient games. Win raffle prizes!
Ongoing	Learn to Live Visit learn2olive.com/partners and enter code MMHG	Learn to Live is a FREE, confidential online mental health program. Mayflower Municipal Health Group member unit employees, retirees and their family (age 13 and over) can enroll for free in any of Learn to Live's interactive programs: <ul style="list-style-type: none"> • Insomnia <ul style="list-style-type: none"> • Stress, Anxiety & Worry • Depression • Social Anxiety • Substance Use For free immediate access to these programs: Visit learn2olive.com/partners and enter code MMHG
Ongoing	Savory Living Healthy Eating Lifestyle Program Click HERE for More Information	Ready to use "food as medicine" and take control of how you eat and feel? Savory Living is a 12 session, self-paced, personalized, online program that includes nutrition coaching to keep you motivated to eat healthy, tackle challenges and reach your goals. <i>Subscriptions are limited and available on a first come first served basis.</i>
Ongoing	Harvard Pilgrim Living Well at Home with Virtual Wellness Classes Click HERE for Schedule & More Information	Check out Harvard Pilgrim's latest complimentary offerings including webinars, exercise classes, and even mini meditations. These sessions are easy to access via Zoom.
Ongoing	The EX Program Click HERE for More Information	The EX Program is a FREE and confidential digital quit-smoking program that personalizes the quitting journey for each participant. The interactive, self-paced, guided quit plan provides the specialized support tobacco users need for the behavioral, social, and physical aspects of tobacco addiction.
Ongoing	Calm App Subscription Click HERE for More Information	Employees/retirees/spouses from MMHG member units can enjoy a free 3 month subscription to the Calm App, the world's #1 App for mental fitness. <i>Subscriptions are limited and available on a first come first served basis.</i>
Ongoing Mondays & Wednesdays 5:15 PM	Virtual Yoga Classes No need to register- click HERE for website with link to join the live webinar at scheduled time.	Breathe in, breathe out and stretch it out with a relaxing yoga practice. These live yoga sessions are accessible to all fitness levels and are the perfect way to wind down after a long day. Join us every Monday and Wednesday at 5:15 pm ET via Zoom (Harvard Pilgrim Living Well at Home).
Ongoing Tuesdays & Thursdays from 8:30- 9:00 AM	Virtual Guided Mindfulness Sessions No need to register- click HERE for website with link to join the live webinar at scheduled time.	Experiment with short bursts of mindfulness instruction, followed by mini meditations, led by our team of expert instructors. Via Harvard Pilgrim Living Well at Home.
Tuesdays from 5:15- 6:15 PM April 27, May 4, 11, 18, 25, June 1, 8, 15, 22, 29	Virtual Gentle Restorative Yoga Classes Click HERE for registration information.	<ul style="list-style-type: none"> • Slow down after a long day • Restore the body through gentle stretches • This class does not involve a lot of movement...pure relaxation

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MMHG Wellness April 2021 Schedule of Events Continued...

Date/Time	Event	Other information
Thursdays, April 1,8,15,22,29 1:00- 1:30 PM	Class Tabata No registration necessary. Click HERE for information on joining the class,	Tabata training is a form of interval training that involves performing an exercise at a high intensity for 20 seconds followed by a 10- second rest period. Performed in eight rounds for four minutes each, Tabata is great way to spice up your workouts, burn more calories and get more out of your exercise time. Because the intervals are so short, you really feel them, but the workout flies by. Join in for a great half-hour Tabata workout involving body weight and/or light weights.
Ongoing Tuesdays & Thursdays 5:15 PM	Virtual Zumba Classes No need to register- click HERE for website with link to join the live webinar at scheduled time.	Dance like nobody's watching! Our Zumba® classes will be the most fun you've ever had working out. Enjoy upbeat music and moves anyone can try!
April 12, 29 May 10, 27 June 7 12:00- 12:30 PM	Webinar/Class Chair Yoga No need to register in advance. Click HERE for information on joining the class via Zoom.	Chair yoga is a gentle form of yoga that is beneficial for all ages and abilities. It can be done sitting in any type of chair, or using a chair to support and help modify poses. For those who sit at a desk all day or have limited mobility, chair yoga can be a useful tool to help stretch and strengthen muscles. During the four-week series, a yoga instructor will guide you through 30 minutes of poses to increase flexibility and strength and promote good posture.
April 6th 12:00- 12:40 PM	Savory Living Webinar: Eat To Feel GREAT This Spring, Ideas, Recipes and Skills Click HERE for registration information	Ready to TAKE CONTROL of how you EAT AND FEEL this SPRING?
April 7th 12:15- 1:00 PM Or April 8th 2:15- 3:00 PM	Webinar: Financial Wellness Click HERE for Registration Information	This webinar will focus on how to prioritize spending decisions and navigate financial uncertainty, while also introducing a framework to help you make better decisions around both saving and spending.
April 7th 1:00- 1:30 PM	Webinar: Happiness, a Recipe Click HERE for More Information	More than an emotion, happiness is a skill that can be learned. Drawing from the latest research in the field of positive psychology, participants will discover the essential "Ingredients" of happiness. Participants will learn how to change their perspectives on people and events and how to take back ownership of their emotions. This session will help participants utilize their character strengths, develop gratitude, find meaning and gain resiliency.
April 12th 11:30 AM - 12:00 PM	Webinar: Time Management No need to register in advance. Click HERE for information in joining the webinar.	While there are many suggestions to manage time more effectively, this webinar will provide a few of them and get you thinking about how to refine your own practices and better manage your time.
April 13th 12:00- 1:00 PM	Cooking Demo: Takeout Makeovers: Healthy Asian Cuisine Click HERE for registration information	Attend and learn... <ul style="list-style-type: none"> • How to create your own variations of restaurant classics • Tips on pantry staples to have handy for meals • Simple swaps that can boost the nutritional quality of your recipes

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MMHG Wellness April 2021 Schedule of Events Continued...

Date/Time	Event	Other information
March 14th 1:00- 1:30 PM	Webinar: Overcoming Procrastination No need to register in advance. Click HERE for information in joining the webinar.	Feeling overwhelmed with unfinished tasks? Learn several simple techniques that allow you to conquer your avoidance behavior, easily organize your life, find more energy and accomplish more than you could ever dream possible. What you resist, persists. Do it now and feel good about yourself!
April 15th 12:00- 1:00 PM	Webinar: FINANCIAL HEALTH: UNDER 50 A Financial Well-being Webinar Click HERE for registration information	Attend and learn... <ul style="list-style-type: none"> • Ways to increase overall financial security • Debt, cash flow, college planning, and more! • Taking out a hardship • Planning for retirement
April 20th 12:00- 12:30 PM	Webinar: Meals in a Mug No need to register in advance. Click HERE for more Information on joining the webinar.	Microwave isn't just for popcorn. Learn easy breakfast, lunch, dinner, and dessert ideas. This is a great option for quick and easy meals as well as portion control.
April 21st 1:00- 1:30 PM	Webinar: Pressure Point No need to register in advance. Click HERE for more Information on joining the webinar.	A general stress management program that will engage participants in learning more about stress as a general concept, identify where their stress comes from and learn more about how to prevent stressful situations.
April 28th 12:00- 1:00 PM	Webinar: FINANCIAL HEALTH: OVER 50 A Financial Well-being Webinar Click HERE for registration information	Attend and learn... <ul style="list-style-type: none"> • Ways to increase overall financial security • Debt, cash flow, college planning and more! • When is it appropriate to take out a 401K loan
April 28th 1:00- 1:30 PM	Webinar: Power of Positivity No need to register in advance. Click HERE for more Information on joining the webinar.	What happens when you discover how to view your cup as half full? Join this program to learn about research on positivity. Positivity impacts our health, our co-workers and overall success. The webinar also provides participants with an interactive exercise on creating a positive mindset.
April 29th 4:00- 5:30 PM	Webinar: Preparing for a Healthy Municipal Retirement YOUR QUESTIONS ANSWERED Register by email at wellness@mmhg.org . Click HERE for more information.	You may have lots of questions about what it means to retire from a municipality and how the whole process works. In this 90 minute webinar, you'll hear from 2 experts, on planning for a healthy retirement and what you need to know as a municipal employee. Part 1- Key Steps Towards a Healthier Retirement Health and wellness professional, Julianne McLaughlin, will discuss important steps you can take right now for a better, longer, more healthy retirement. Part 2- Planning for Municipal Retirement David Sullivan, Executive Director of Plymouth County Retirement Association, will answer the most frequently asked questions about municipal retirement. Topics covered include pension options, tools & resources, benefit calculations, Social Security & Medicare, retirement needs & expectations, working after retirement and more .



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