

July On-Demand Webinar

Everyone is Having Fun in the Sun. Why Don't I?



Many people look forward to summer as a special time for enjoying fun activities with family and friends. However, the hard parts of life don't stop the moment the sun comes out, and the expectation that everything is supposed to be perfect can make the summer months more difficult – especially if the longer, hotter days disrupt our sleep or cause us to spend more time indoors or alone.

In this webinar, we'll explore how symptoms of Seasonal Affective Disorder and other concerns can arise during the summertime and what you can do to make the most of the summer months even if you're already looking forward to the cool air of fall again.

All MMHG participants will be entered to win a \$50 Amazon gift card! How it works:

1. Between July 1-31th, watch the webinar using the link below. When registering, the email address you provide will be used to track your attendance. You'll receive one raffle entry for viewing the recording.
2. Gift card winner will be notified by email on August 7th. All employees, retirees, and dependents from Mayflower Municipal Health Group member units are eligible to win.



Click here or scan the QR code to watch using member access code: MMHG

Webinar URL: <https://tinyurl.com/SummerBlues2026>