



MMHG Wellness October 2026

Schedule of Events

Visit www.mmhg.org/wellness



Date/Time	Event	Other information
Ongoing- <i>NEW!</i>	Virta Click HERE for more information	Virta is a clinically proven program helping members improve metabolic health, and achieve sustainable weight loss. It's a personalized, medically guided approach built for real life.
Ongoing	Wellable On-Demand Fitness & Mindfulness/Meditation Classes, recipes and meal planning resources Click HERE for More Information	Wellable's On-Demand Fitness Classes provide employees/retirees/dependents of MMHG member units with easy and unlimited access to hundreds of workouts from the world's top trainers—available anytime, anywhere. Now includes Mindfulness Classes and recipes/meal planning resources!
Ongoing	Learn to Live Visit learntolive.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: Insomnia/ Stress/ Anxiety & Worry/Depression /Social Anxiety /Substance Use
Ongoing	Savory Living Healthy Eating Lifestyle Program Click HERE for More Information <i>Limited free subscriptions available on a first come first serve basis.</i>	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.
Ongoing	Harvard Pilgrim Living Well Community 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 Mondays 5:30 PM	Virtual Restorative Yoga Classes No need to register- click HERE for website with link to join the live webinar at scheduled time.	Ease into the week with this feel-good practice, excellent for when you want refreshing movement and improved rest. Slow movements transition into gradual deeper stretching and longer holds to support happier joints, muscles, and nervous systems. All fitness levels are welcome.
Ongoing Tuesdays, 7:30 AM	Virtual Tai Chi No need to register- click HERE for website with link to join the live webinar at scheduled time.	Begin your morning with gentle, flowing movements that calm the mind and energize the body. This Tai Chi class blends breathwork, balance, and mindful motion to support joint health, ease stiffness, and encourage fluid movement. Often described as "moving meditation," it's a refreshing way to center yourself at any time of day. All experience levels welcome.
Ongoing Wednesdays 5:30 PM	Virtual Vinyasa Flow Yoga Classes No need to register- click HERE for website with link to join the live webinar at scheduled time.	Challenge and elevate your yoga practice through dynamic sequences that build strength, flexibility, and focus. This class is a perfect opportunity to explore the many physical and mental benefits of yoga. All fitness levels are welcome.
Ongoing Tuesdays, 5:30 PM	Virtual Cardio Dance Classes No need to register- click HERE for website with link to join the live webinar at scheduled time.	Our cardio dance classes will be the most fun you've ever had working out. Enjoy upbeat music and moves anyone can try!

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Ongoing Thursdays 7:30 AM	Virtual Strength Training Classes No need to register- click HERE for website with link to join the live webinar at scheduled time.	This thirty minute strength training session will get you ready to start your day! Weights are optional, all exercises can be performed using body weight only for beginners, or household items for those without access to weights to increase strength. A quick warm up to get started, moving through various strengthening exercises and closing with some stretching. Be ready, to be stronger, today!
Ongoing Mondays 8:30- 9:00 AM	Mindfulness: Practices and Reflections (Virtual) Click HERE for more information	Experienced Mindfulness instructors lead this practice group every Monday morning, offering guided meditation, reflections and inviting questions from attendees.
Ongoing Wednesdays 8:30-9:00 AM	Mindfulness in Everyday Life (Virtual) Click HERE for more information	Discover how mindfulness can support you through all of life's ups and downs. This 30-minute session shows how to mind the moment, wherever you are
October 5th- November 15th <i>Win Raffle Prizes!</i>	Move More Fall Walking And Activity Challenge Click HERE for more information	Move More is a 6 week team-based activity challenge through the Wellable platform/app where you view your progress and your team's progress. It's easy to sign up and easy to use!
October 1st- 31st <u><i>View on-demand webinar for a chance to win a \$50 Amazon gift card!</i></u>	October Learn to Live Webinar Incentive: Public Speaking: What to do When the Spotlight's on You Click HERE for more information	Public speaking can make even confident people feel nervous, self-conscious, or overwhelmed. Whether you're presenting to a large audience, speaking up in a meeting, or simply sharing an idea when all eyes are on you, fear can suddenly make it harder to communicate the way you want to. In this webinar, we'll explore why public speaking can feel so intimidating and what you can do to keep the fear from taking over. You'll learn practical strategies for managing anxious thoughts and physical reactions, building confidence, and communicating more effectively when the spotlight is on you.
October 1, 8, 15, 22, 29 5:30 PM	Virtual Class: African Dance Click HERE for more information	Experience the joy of African Dance, celebrating cultural expression through rhythmic movement! This welcoming class is open to all ages and abilities, with no prior experience required. Move to energetic drumbeats in a lively, accessible workout built for everyone to enjoy.
Wednesdays October 7th, 9 AM October 14th, 12 PM October 21st, 5 PM	Virtual Class: Slow Flow Yoga Register HERE (enter MMHG for organization)	This gentle, intentional practice incorporates slow, mindful sequences focused on breath, alignment, and fluid movement, cultivating a meditative state through physical activity
Thursdays October 8th, 8 AM October 15th, 12 PM October 22nd, 4 PM	Virtual Class: Vocal Activation Breathwork Register HERE (enter MMHG for organization)	This class combines breathing techniques with vocal exercises to release tension, open the voice, and energize the body, enhancing self-expression.
Tuesday, October 6th 10 AM 12 PM 3 PM	Webinar: Productivity 101 Click HERE for more information	This webinar addresses time, task, and energy management to rethink productivity and find work-life balance, sharing ideas for making the most of the workday, increasing efficiency, and beating burnout. CBT tools to help you move through life transitions with more clarity and self-compassion.
Wednesday, October 7th 1:00- 1:30 PM	Webinar: Understanding Your Immune System Click HERE for more information	As cold and flu season approaches, there's no better time to understand how your immune system works. This session explores the science of immunity, lifestyle factors that support healthy immune response, and what research says about popular remedies and supplements. Knowledge is your best defense.
Friday, October 9th 12:00- 12:30 PM	Webinar: The Price of Silence- How to Talk About Mental Health Click HERE for more information	If you are struggling with anxiety, depression, or a related concern, you know that is when you feel the least like discussing what you are going through. Join us as we discuss effective strategies, guidance in seeking help, and ways we can support those close to us who may be struggling. World Mental Health Day (October 10th)

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Wednesday, October 14th 1:00- 1:30 PM	Webinar: Everyday Mobility Training Click HERE for more information	Good mobility is the foundation of how we move through daily life. This session teaches practical movements to support mobility, flexibility, and posture for everyday activities. Whether you sit at a desk all day or stay physically active, learn simple exercises that keep your body moving well.
Friday, October 16th 1:00- 1:30 PM	Webinar: Finding Hope and Healing in the Face of Trauma Click HERE for more information	Hard things happen in life and sometimes, when we get knocked down, it's harder to get back on our feet than we would like. We'll explain the commonly used terms 'trauma' and 'PTSD' and how they impact our lives. The Preparation and Growth Model will be introduced, and we'll share important steps for healing in the face of trauma and strategies to build resilience should challenges come your way. World Trauma Day (October 17th)
Wednesday, October 21st 1:00- 1:30 PM	Webinar: Hearty and Healthy Italian Cooking Click HERE for more information	In celebration of Italian American Heritage Month, this cooking demo brings the warmth of the Italian kitchen. Learn to prepare hearty, nutritious dishes featuring the bold flavors of Italian American cuisine alongside seasonal fall ingredients. Comforting, wholesome, and delicious - a perfect celebration of food and heritage.
Friday, October 3rd 12:00- 12:30 PM	Webinar: Conquering Financial Stress: Proven Tools for Resilience Click HERE for more information	Financial stress isn't just a money problem. From our sleep and relationships to our ability to think clearly and solve problems, financial concerns can significantly interfere with our mental and emotional health. In this webinar, our clinical team will explore the psychological challenges that can arise from difficult financial situations and how we can take advantage of Learn to Live's online programs to overcome pressing concerns and develop powerful coping skills for the future.
Wednesday, October 28th 1:00- 1:30 PM	Webinar: Setting Up Your Space for Better Sleep Click HERE for more information	Your sleep environment plays a key role in the quality of your rest. This session explores how temperature, light, sound, air quality, and bedroom setup impact your sleep. Learn practical, evidence-based strategies for creating a sleep space that supports deeper, more restorative rest every night.

Productivity Without Pressure

World Mental Health Day (October 10) is an opportunity to rethink what it means to be productive. In a culture that often equates productivity with being busy, it's easy to feel pressure to always be doing more. This mindset can lead to stress, burnout, and a persistent sense that your to-do list is never finished. Combat toxic productivity by setting realistic expectations and creating space for well-being alongside achievement.

Prioritize With Purpose: Take time to consider existing tasks before committing to new responsibilities

Challenge Guilt: Reflect on whether busyness stems from necessity or guilt about taking a break

Share The Load: Delegate responsibilities to others to encourage shared ownership and collaboration

Recharge Regularly: Treat hobbies and other restorative activities as essential and build them into the calendar

Protect Personal Time: Establish clear boundaries around work hours and stick to them to support work-life balance

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