



MMHG Wellness August 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!

Programs are free and are open to eligible Mayflower Municipal Health Group (MMHG) member unit employees, retirees & dependents. Events are subject to change. Please check our website at www.mmhg.org for details & updates.

MMHG Wellness August 2026 Schedule of Events Continued...

Date/Time	Event	Other information
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 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
August 1st- 31st <i><u>View on-demand webinar for a chance to win a \$50 Amazon gift card!</u></i>	August Learn to Live Webinar Incentive: Staying Refreshed and Preventing Burnout Click HERE for more information	Burnout can leave us feeling emotionally drained, disconnected, and stuck in patterns that make it difficult to feel restored. Although it is often associated with work, burnout can arise whenever the demands of life consistently outweigh our opportunities to recharge and focus on what matters most. In this webinar, we'll explore how reconnecting with your personal values can help you overcome burnout while making choices that feel more meaningful and sustainable. You'll also learn practical strategies for stepping out of unhelpful thought patterns, letting go of emotional burdens, and creating more space for the things that help keep you refreshed.
Tuesday, July 7th 10:00 AM 12:00 PM 3:00 PM	Webinar: Giving for Good Click HERE for more information	This webinar explores easy and unique ways to make a difference by giving back and shares strategies to create more positive experiences for both the giver and the receiver
Wednesdays August 8th, 9 AM August 15th, 12 PM August 22nd, 5 PM	Dynamic Yoga Register HERE (enter MMHG for organization)	This energizing yoga practice engages the body and mind through creative sequences and mindful transitions, enhancing focus, coordination, and balance.
Wednesday, August 8th 1:00- 1:30 PM	Webinar: Gut Feelings: Decoding What Your Digestion Is Telling You Click HERE for more information	Your digestive system sends signals worth paying attention to. This session explores what common digestive symptoms may be telling you about your gut health, how to support healthy digestion through lifestyle and nutrition, and when symptoms warrant a closer look. Learn to listen to your gut with confidence.
Thursdays August 9th, 8:00 AM August 16th, 12:00 PM August 23rd, 4:00 PM	Restorative Breathwork Register HERE (enter MMHG for organization)	This soothing, meditative practice uses slow and intentional breathing patterns to calm the nervous system and release stored tension for a renewed sense of peace.
Friday, August 7th 12:00- 12:30 PM	Webinar: Why Do I Care So Much About What Others Think? Click HERE for more information	Increased heart rate, sweaty palms, self-conscious thoughts, feeling isolated and lonely? Do you worry about others' judgement of you too much? You aren't alone. Break through your social anxiety and fear of other's judgement by learning evidence-based strategies to help you live more fully!
Tuesday, August 11th 1:00- 1:30 PM	Webinar: Resisting the Pressure to be Perfect Click HERE for more information	Do you ever feel like you're not quite good enough, no matter how hard you try? When we put high pressure on ourselves and always strive for perfection, it can leave us feeling anxious, stressed, and sometimes we get stuck. Learn to Live's clinical team will discuss the impact of perfectionism and share practical tools to help you move forward with more self-compassion and freedom from the high pressure of perfectionism.
Wednesday, August 12th 1:00-1:30 PM	Webinar: Staying Curious at Work: Professional Growth for Mental Wellness Click HERE for more information	Complacency at work can quietly erode mental wellbeing. This session explores how staying curious, embracing learning, and pursuing professional growth supports mental health and engagement. Discover practical strategies for keeping your work life stimulating, meaningful, and fulfilling without burning out.

Programs are free and are open to eligible Mayflower Municipal Health Group (MMHG) member unit employees, retirees & dependents. Events are subject to change. Please check our website at www.mmhg.org for details & updates.

MMHG Wellness August 2026 Schedule of Events Continued...

Date/Time	Event	Other information
Wednesday, August 19th 1:00– 1:30 PM	Webinar: Backpacks, Desks, and Screens: Ergonomics for Every Body Click HERE for more information	Poor ergonomics affects people of all ages, from kids lugging heavy backpacks to adults hunched over screens. This physical therapist-led session covers proper backpack fit, desk and screen setup, posture basics, and simple adjustments that protect your body at school, at work, and at home.
Friday, August 21st 12:00– 12:30 PM	Webinar: Time Management: Capturing our Time Thieves Click HERE for more information	Struggling to get it all done each day and feeling overwhelmed? Juggling workload, family obligations, squeezing in time to see our friends and set aside some time for ourselves? It can be a lot! But chances are, we can accomplish our goals with just a few adjustments to our approach. We'll explain how we get off track and provide practical tools for achieving our goals when it feels like there is never enough time.
Wednesday, August 26th 1:00– 1:30 PM	Webinar: Pack It Up: Meal Prep for Busy Fall Schedules Click HERE for more information	Back to school means busy mornings and packed schedules. This cooking demo features simple, nutritious meals that work beautifully as school box lunches while being satisfying and delicious for adults too. Learn easy prep strategies that save time and keep everyone fueled and happy throughout the week.



<https://healthymonday.com/>

Programs are free and are open to eligible Mayflower Municipal Health Group (MMHG) member unit employees, retirees & dependents. Events are subject to change. Please check our website at www.mmhg.org for details & updates.