



# MMHG Wellness July 2026 Schedule of Events

Visit [www.mmhg.org/wellness](http://www.mmhg.org/wellness)



Date/Time	Event	Other information
Ongoing- <i>NEW!</i>	Virta Click <a href="#">HERE</a> 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 <a href="#">HERE</a> 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 <a href="http://www.learntolive.com/partners">Visit learntolive.com/partners</a> 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 <a href="#">HERE</a> 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 <a href="#">HERE</a> 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 <a href="#">HERE</a> 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 <a href="#">HERE</a> 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 <a href="#">HERE</a> 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 <a href="#">HERE</a> 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](http://www.mmhg.org) for details & updates.

## MMHG Wellness July 2026 Schedule of Events Continued...

Date/Time	Event	Other information
Ongoing Thursdays 7:30 AM	Virtual Strength Training Classes No need to register- click <a href="#">HERE</a> 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 <a href="#">HERE</a> 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
June 8th- July 19th	Summer of Soccer Challenge Click <a href="#">HERE</a> for more information	The Summer Of Soccer Challenge brings the spirit of the 2026 FIFA World Cup™ to the MMHG Wellness program as the first-ever 48-team tournament kicks off across the United States, Mexico, and Canada. Just like the world's best teams compete for glory on the pitch, MMHG member unit teams will go head-to-head to climb the leaderboard and claim the top spot.
July 1st- 31st <i><a href="#">View on-demand webinar for a chance to win a \$50 Amazon gift card!</a></i>	July Learn to Live Webinar Incentive: Everyone is Having Fun in the Sun. Why Don't I? Click <a href="#">HERE</a> for more information	In this webinar, we'll explore how symptoms of Seasonal Affective Disorder and other concerns can arise during the summer-time 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.
Tuesday, July 7th 10:00 AM 12:00 PM 3:00 PM	Webinar: Giving for Good Click <a href="#">HERE</a> 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 July 8th, 9 AM July 15th, 12 PM July 22nd, 5 PM	Dynamic Yoga Register <a href="#">HERE</a> (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, July 8th 1:00- 1:30 PM	Webinar: Mindfulness During Uncertainty and Change Click <a href="#">HERE</a> for more information	Life feels chaotic and uncertain, whether from schedule changes, life transitions, or larger world events. This session offers mindfulness tools to anchor yourself during turbulent times. Learn practices to find calm amid chaos, manage anxiety when things feel out of control, and stay grounded when everything shifts around you.
Thursdays July 9th, 8:00 AM July 16th, 12:00 PM July 23rd, 4:00 PM	Restorative Breathwork Register <a href="#">HERE</a> (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.
Tuesday, July 14th 1:00- 1:30 PM	Webinar: Brain Over Pain: CBT Tips for Chronic Pain Click <a href="#">HERE</a> for more information	Does chronic pain make it difficult for you to enjoy life and carry out important tasks? This webinar introduces a cognitive-behavioral approach to living with chronic pain for better well-being. Participants will learn a science-based perspective on chronic pain. The Learn to Live clinical team will present strategies from cognitive-behavioral therapy that have helped many people dealing with this difficult life challenge.
Wednesday July 15th 1:00- 1:30 PM	Webinar: Building Body Confidence for You and Yours Click <a href="#">HERE</a> for more information	Develop positive body image for yourself while modeling confidence for your children. This session explores the language to use (and avoid) around bodies, practical strategies for challenging negative self-talk, navigating social media, separating health from appearance, and age-appropriate conversations. Build body confidence across generations with compassion and intention.

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](http://www.mmhg.org) for details & updates.

## MMHG Wellness July 2026 Schedule of Events Continued...

Date/Time	Event	Other information
Friday, July 17th 12:00- 12:30 PM	Webinar: Staying Refreshed and Preventing Burnout Click <a href="#">HERE</a> for more information	Do you ever feel like no matter how hard you try, you're still not thriving? If so, you're not alone and there is hope. While many of us feel that something is missing in our lives, recent studies show that 40% are feeling burnt out. In this presentation, the Learn to Live Clinical Team will share the powerful impact of discovering and living by your values and offer practical insights about how to get past barriers that leave many of us feeling unfulfilled and drained.
Wednesday, July 29th 1:00- 1:30 PM	Webinar: Overcoming Obstacles: CBT Strategies for Minority Mental Health Click <a href="#">HERE</a> for more information	Have you ever felt singled out in a crowd, or different from those around you? While we may sometimes feel more isolated amid all these differences, our variety can add richness to the world. In this webinar brought to you by the Learn to Live clinical team, we'll explore how Cognitive Behavioral Therapy (CBT) strategies can help all of us acknowledge our diversity while we reshape our thoughts and actions to build resilience and inner peace.



Longer days, warmer air, a little more space to breathe... Summertime can be one of the best times of year. But the way things look on the outside isn't always how they feel on the inside. Busy schedules and high expectations can still lead to stress and low mood. If the sun isn't shining as brightly for you right now, Learn to Live can help. Our self-guided programs are designed to help you manage stress, beat depression, improve sleep, and more.

**From July 20–31, Join the Brighter Days Challenge!** You'll be entered into a drawing for an Amazon e-gift card, up to \$20 by doing one of the following:

- [Enroll](#) in a Learn to Live program using access code: MMHG
- Already enrolled? [Complete a lesson](#) within your program

Make the most of your summer with help from Learn to Live!



View our Terms and Conditions [here](#)