



MMHG Wellness June 2026 Schedule of Events

Visit www.mmhg.org/wellness



Date/Time	Event	Other information
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!
Ongoing Mondays 8:30-9:00 AM	Mindfulness Practice 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.

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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 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
June 8th- July 19th	Summer of Soccer Challenge Click HERE 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.
June 1st- 30th <i>View on-demand webinar for a chance to win a \$50 Amazon gift card!</i>	June Learn to Live Webinar Incentive: When We Say We're Fine, But We're Not: Tools for Mental Exhaustion Click HERE for more information	In this webinar, we'll explore what gets in the way of honest self-expression, especially when we're feeling exhausted, and we'll learn practical steps we can take to increase our energy, open up more to ourselves and others, and benefit from more authentic connection and support.
Tuesday, June 2nd 10:00 AM 12:00 PM 3:00 PM	Webinar: Digital Detox Click HERE for more information	This presentation unearths the downsides of constantly being "connected" while providing tips and tricks to unplug and enhance overall well-being.
Tuesday, June 2nd 12:00- 1:00 PM	Webinar: Eating for Energy Click HERE for more information <i>Attend the live webinar for a chance to win a \$50 Stop and Shop Gift Card!</i>	In this webinar you'll learn how to... <ul style="list-style-type: none"> • Eat for increased energy throughout the day • Select smart snacks • Make better breakfast choices
Wednesdays June 3rd, 9 AM June 10th, 12 PM June 17th, 5 PM	Cardio Kickboxing Register HERE (enter MMHG for organization)	This high-intensity workout combines martial arts-inspired movements with energizing cardio drills for a fun, full-body challenge.
Wednesday, June 3rd 1:00- 1:30 PM	Webinar: Grounded: Nature-Based Mindfulness for Brain Health Click HERE for more information	Discover how connecting with nature can enhance your mindfulness practice and support brain health. This session explores outdoor mindfulness techniques, the science behind nature's impact on cognition, and practical ways to incorporate nature based mindfulness into your routine for mental clarity and well-being.
Thursdays June 4th, 8:00 AM June 11th, 12:00 PM June 18th, 4:00 PM	Mindful Self-Expression Register HERE (enter MMHG for organization)	This guided experience explores self-expression through writing, art, and creative reflection, fostering openness, curiosity, and authenticity.
Thursdays, June 4, 11, 18, 25 5:30- 6:30 p.m.	Virtual Class: Cardio Dance Sampler: African Dance Click HERE for more information	Experience the joy of African Dance, celebrating cul-tural expression through rhythmic movement! This welcoming class is open to all ages and abilities, with no prior experience required. Move to energetic drum-beats in a lively, accessible workout built for everyone to enjoy.
Tuesday, June 9th 12:00- 1:00 PM	Webinar: Master Meal Planning Click HERE for more information <i>Attend the live webinar for a chance to win a \$50 Stop and Shop Gift Card!</i>	In this webinar you'll learn how to... <ul style="list-style-type: none"> • Eat for increased energy throughout the day • Select smart snacks • Make better breakfast choices
Wednesday June 10th 1:00- 1:30 PM	Webinar: Caribbean Culinary Traditions Click HERE for more information	Discover the flavors, foods, and cultural heritage that define Caribbean cuisine and contribute to healthful eating.

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Friday, June 12th 12:00- 12:30 PM	Webinar: Squirrels and Shiny Objects: Addressing Problems with Focus and ADHD Click HERE for more information	Do you find it hard to pay attention, stay organized, or avoid distractions? Whether or not you have ADHD, these problems can make daily life tough. But there is good news. Cognitive Behavioral Therapy (CBT) can help. Join this conversation with the Learn to Live clinical team as we explore how CBT can help those living with lack of focus and productivity challenges.
Tuesday, June 16th 10:00 AM 12:00 PM 3:00 PM	Webinar: Heart Health 101 Click HERE for more information	This webinar explores the concept of personal resilience to develop the mindset and skillset for success and bounce back better from challenging life experiences.
Tuesday, June 16th 1:00- 1:15 PM	Webinar: Everyone is Having Fun in the Sun, Why Don't I? Click HERE for more information	Do you experience a pattern of low mood setting in when summertime comes rather than the fun in the sun that others seem to be enjoying? Although Seasonal affective disorder (SAD) occurs mostly in the winter, a few, instead, experience those feelings during the summer months. This is sometimes referred to as "Reverse SAD". Time spent indoors avoiding heat and humidity, disrupted sleep schedules, and late nights could lead to the struggles that those with Reverse SAD often experience. Join us for this 15-minute webinar and we'll share research-supported strategies to boost your mood.
Wednesday, June 17th 1:00- 1:30 PM	Webinar: Get Grilling: Plant-Powered BBQ Click HERE for more information	Fire up the grill for vegetables! This demo teaches you how to grill plant-based foods like a pro. Learn techniques for perfectly grilled vegetables, marinades and seasonings that boost flavor, and creative plant-forward BBQ ideas. Perfect your summer grilling skills while keeping meals healthy and delicious.
Wednesday, June 24th 1:00- 1:30 PM	Webinar: Keep Your Cool: Heat Safety Tips Click HERE for more information	Summer heat can be dangerous. Learn how to stay safe during hot weather with practical strategies for heat exhaustion prevention, proper hydration, recognizing warning signs, and exercising safely outdoors. Discover how to enjoy summer activities while protecting your health in high temperatures. Essential knowledge for a safe, active summer.
Friday, June 26th 11:00- 11:15 AM	Webinar: Thriving Through Transition: Simple Menopause Strategies Click HERE for more information	For many women, menopause is considered a loss... a time of uncertainty and change. Bodily sensations such as hot flashes and mood swings can be overwhelming and embarrassing. And for some women, there is a sense of sadness as their reproductive capacities come to an end. In this 15-minute webinar, we will share research-supported steps to thrive through this transition in life.

Savory Living

Feel Better Stay Strong Challenge

Eligible MMHG members that sign up for Savory Living and complete 4 (2 week) on-line sessions by June 30th will be entered in a raffle to win one of fifty— \$50 Amazon Gift Cards!

Click [HERE](#) for Details