

# BEneficial WELLness NEWS

## Mayflower Municipal Health Group

ISSUE 3

SUMMER 2013

### HOT TOPICS:

- Go on the MMHG Scavenger Hunt and you could win a wellness goody bag! Go to Page 8 for details!
- Stay healthy this summer—check out pages 6,7 for cool summer tips.

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## TAKE THE 5 A DAY— 5 A WEEK CHALLENGE!!



*The challenge begins July 1st- sign up with your Wellness Coordinator and you could win one of these great prizes:*

1. Oster 5 Speed Blender
2. OXO Salad Spinner
3. Yankee Lavender Scented Candle
4. Yoga Mat
5. Exercise Ball

Want to have fun getting healthier this summer *and* get a chance to win a cool prize? Sign up today and take the **MMHG 5 A Day— 5 A Week— 5 Week Challenge.**

Eating a nutritious diet rich in fruits and vegetables, exercising regularly and managing stress are the keys to good health. The goals of the 5 A Day— 5 A Week— 5 Week Challenge are to:

- **Eat at least 5 servings of fruits and vegetables a day – 5 times a week**
- **Exercise for 30 minutes a day— 5 times a week**
- **Practice some form of daily stress management— 5 times a week**

You'll keep track on a weekly log sheet and receive lots of encour-

agement and information along the way. At the end of each week simply turn in your successfully completed log sheet to your Wellness Coordinator for a chance to win a prize in the grand drawing. If you turn in all 5 of the weekly log sheets you'll get 5 chances to win!

Don't hesitate -sign up now! **The challenge runs for 5 weeks and begins July 1st and ends on August 5th.** All employees of MMHG member units and their spouses are eligible to participate. Challenge yourself this summer to eat more fruits and veggies, exercise regularly and stress less.

**It's not too late to join! Visit [www.mmhg.org](http://www.mmhg.org) for more information.**

## MMHG Spring Walking Challenge— A Success!

*Over 250 participants logged in a total of 15,226 miles— that's a new MMHG record!*



*A nice place to walk.  
Ames Nowell State Park, Abington*

The MMHG 2013 Spring Walking Challenge was a great success with 253 participants from 21 member units participating. Walkers logged a total of 15,226 miles (an average of 60 miles per walker) over a 6 week period. Congratulations to the top scor-

ing member unit teams:

### Most Miles Walked:

Whitman Hanson- 3445.62 Miles

Hull- 2326.58 Miles

Hanover- 2001.16 Miles

### Highest Average Miles Walked:

Plymouth County Retirement—  
**109.4 Miles**

Whitman Hanson— **104.41 Miles**  
Kingston— **88.8 Miles.**

**The Top Five Walkers (most miles logged):** Mark S. from Whitman Hanson, Deb K. from Whitman Hanson, Meg C. from Hanover, Sharon M. from Bristol County, and Karin D. from Marshfield.

Whitman Hanson and Plymouth County Retirement Association were awarded special framed certificates of achievement and 20 lucky participants each won a \$20 gift card from Stop and Shop when their names were chosen in a random drawing .

Thanks to all who took part in the MMHG 2013 Spring Walking Challenge— keep walking everyday for better health!

Stay tuned for a new and improved walking challenge this fall.

**Don't miss our "MMHG Rocking-Walking Playlist" on page 5.**



Hull firefighter Gary Twombly is smiling because he recently lost 28 lbs— winning a “Biggest Loser” style competition for Town of Hull employees.



Whitman Hanson RSD employee Lori Galewski gives 2 thumbs up to a stress relieving complimentary chair massage at the school district's spring wellness and benefit fair.

*“I’d like to get other nearby MMHG member units involved in regional wellness programs with us.”*

*- Linda Cole Halifax Wellness Coordinator*

## MMHG Wellness Program Updates

Here are a few highlights of current and upcoming MMHG Wellness programming – don’t miss out on some of these great healthy initiatives!

**MMHG Wellness is on Facebook and Twitter**– Like us and follow us for wellness tips, health news, and links to community resources. Click [here](#) to link to MMHG on Facebook and click [here](#) to link to MMHG on Twitter

**Colonoscopy Incentive Program**– Get a colonoscopy in 2013 and you may be eligible to receive a \$50 gift

card! Go to [www.mmhg.org](http://www.mmhg.org) for more information

### **Fitness Center Discounts**

We are reaching out to area fitness centers and giving them the opportunity to offer MMHG members special discounts on memberships and other promotions. Check out the coupon on the back page of this newsletter for a special offer for a free one week trial from [Live. Life. Believe. Fitness Center in Plymouth](#).

Take a moment and Email us at [wellness@mmhg.org](mailto:wellness@mmhg.org) with the name of your favorite gym. Watch our website

[www.mmhg.org](http://www.mmhg.org) for updates on this program.

### **Grants, Seminars and Workshops**

Ask your Wellness Coordinator about using MMHG Wellness Grant funds to subsidize worksite yoga classes or about scheduling free employee seminars on topics like stress management and healthy cooking.

**Coming Soon**– Stay tuned for the “MMHG Fall Walk- ing Challenge” and “Maintain Don’t Gain Holiday Challenge”. **Get healthy and win prizes!!!**

## Spotlight: Halifax Employee Wellness

Halifax Wellness Coordinator Linda Cole works hard to promote worksite wellness programs and it’s really paid off. Halifax employee participation in wellness initiatives has increased steadily and enthusiasm for new programs has grown. “We initially used MMHG wellness grant money to subsidize a worksite yoga class.” explains Cole “It was super successful and is still going on over a year later!”

The town has also offered Zumba classes, cardio- strength training classes, and

an after work walking group with prizes.

“We’ve also held a skin cancer seminar and screening, healthy cooking class, and heart disease prevention seminar” adds Cole. “I try an approach of *if you build it they will come.*” Cole is quick to point out the benefits of these programs to her co-workers. “I really hype the financial and physical value of these programs.”

What future wellness program goals does Cole have for Halifax? “I’d like to get more people involved, especially the male employees.” says Cole “I’d also like to coordinate a *biggest loser* style

contest and schedule more physically challenging classes and start a worksite vegetable garden!”



Halifax Employees at the 2013 MMHG Walk for a Cause at the Cape Cod Canal.

# Have You Tried—Yoga?



**Are you familiar with the mountain and warrior poses? If so you are not alone.** According to the 2007 National Health Inter-

view Survey (NHIS) more than 13 million adults in the United States practice yoga. Classes are being taught in yoga studios, fitness clubs and community centers all over the country. According to the NHIS many use yoga to maintain their health and wellbeing, improve physical fitness, relieve stress, and enhance quality of life.

There are many styles of yoga. Hatha yoga, commonly practiced in the United States emphasizes postures, breathing exercises and meditation or relaxation.

The health benefits of yoga include improved cardio-respiratory function and increased muscular strength and flexibility.

Yoga may also help reduce stress and relieve anxiety and depression.

Since many postures can be modified, yoga is accessible to people of all ages and individual abilities. Yoga is generally low impact and safe for healthy people when practiced appropriately under the guidance of a well trained instructor.

Most fitness centers offer a variety of yoga classes. You can also find local yoga studios. Several MMHG member units have scheduled worksite yoga classes for their employees. If you haven't tried yoga yet—why not give it a try?

Next Issue: Have you Tried— Pilates?

## The Incredible Vegetable— The Humble Zucchini

**“When I pass a flowering zucchini plant in a garden, my heart skips a beat.” -Gwyneth Paltrow**

You can steam, stuff, sauté, roast and fry them. You can grate them raw into a salad, or slice lengthwise and throw them on the grill next to your BBQ chicken. You can shred and bake them into a soufflé or sweet bread and if you've planted them in your garden you can do all these things and still have enough zucchini left over to give to your neighbors.

Prolific and versatile the incredible and mild flavored zucchini is a welcome

summer staple in the kitchen. It's economical and nutritious— a good source of potassium and vitamin C and very low in calories— only 20 calories per cup. Choose small to medium size zucchini with shiny, smooth bright green skin for the best flavor.

Check out your local farmers market this summer for different varieties of summer squash.

**Next Issue:**  
**Apples!**



### Zucchini Fritters

- 2 medium zucchini, grated
  - 1 T fresh lemon zest
  - 1/4 cup chopped fresh parsley
  - 1 clove garlic, minced
  - 1 t salt
  - 1/4 t black pepper
  - 2 large eggs, lightly beaten
  - 1/2 cup flour
  - 2 T olive oil
1. Mix first 7 ingredients in a bowl, slowly stir in flour to avoid lumps
  2. Heat oil in skillet over medium heat
  3. Carefully drop 2 T zucchini mixture into hot oil and cook on both sides until golden brown. Repeat, spacing fritters a few inches apart.

## There's a Farmers Market Near You!



**Attleboro Farmers Market**— Finberg Field Saturdays 9 AM— 1 PM

**Braintree Farmers Market**— Braintree Town Hall Mall 1 JFK Memorial Dr Saturdays 9 AM— 1 PM

**Dedham Farmers Market**— First

Church of Dedham Wednesday 12 PM-6 PM

**Hingham Farmers Market**— Hingham bathing Beach Parking Lot RTE 3A Saturdays 10 AM— 2 PM

**Marshfield Farmers Market**— 4H Barn Marshfield fairgrounds South River St. Gate 3A Fridays 2PM— 6PM

**Plymouth Farmers Market**— Plimoth Plantation 137 Warren Ave Thursday 2:30 PM— 6:30 PM.

**Old Rochester/ Mattapoisett Farmers Market**— Old Rochester Junior

High School 135 Marion Rd Tuesdays 3 PM— 7 PM

**Scituate Farmers Market**— Corner of Turner Baily Rd & Country Way Wednesday 3 PM— 7 PM

**Weymouth Farmer's Market**— Town Hall parking Lot Middle St Saturday 9 AM— 1 PM

**Like us on Facebook and tell us about your favorite local farmers market!**

For a complete listing of farmers markets in Massachusetts check out <http://www.massfarmersmarkets.org>. The Southeastern MA. Agricultural Partnership at [semaponline.org](http://semaponline.org) is also a great resource for locating markets and farm stands in Southeastern Massachusetts.





# There's an App for that...

Eating well, exercising and losing weight are a challenge. What if there was an app for your smartphone or mobile device that helped make it easier? Well, there probably is an app for that. Health apps abound— there are said to be over 40,000 health, fitness and medical apps out there!

Here are 3 popular apps that get positive reviews:

**Fooducate-** This mobile app (android, iphone) allows super-market shoppers to make healthy choices by using their mobile devices to scan the barcodes of food products to instantly see how nutritious they are. Scanned products

receive a letter grade (A, B, C, or D) along with brief explanations and warnings about the product's ingredients and nutrients. Makes it's easy see how healthy those granola bars really are (or aren't)!

Cost: Free

<http://www.fooducate.com/>

**Lose It!**- This mobile app and website combines a medically sound approach to weight loss, mobile technology, and social networking and game dynamics to engage and encourage users to get healthy. Users can track calories and fitness activity and even win badges to recognize success! Lose It! Integrates with wireless devices like the

Fitbit tracker and Whithings wireless scale.

Cost: Free (premium subscription available at a cost)

<http://www.loseit.com/>

**My Fitness Pal-** This online diet and fitness community can be accessed through a computer or smart phone. It allows individuals to track calories and exercise habits and set weight loss goals. The large nutritional and exercise databases make it easy to track how many calories you consumed at lunch and how many you may have burned off during that Zumba class.

Cost: Free

<http://www.myfitnesspal.com/>

**Next Issue: More Healthy Apps**

## What's Happening?

Pictures from MMHG member units



Whitman Hanson Health Fair- Christine Suckow and Michelle Kelley



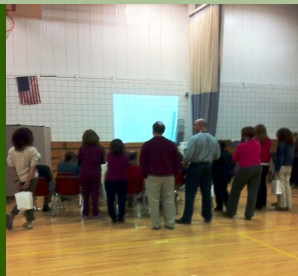
Scituate Health Fair- Chair massage and screenings



Rochester Health Fair- Great attendance!



Whole Foods Table at WHRSD Health Fair- Green smoothies!



Rochester Healthy Eating Seminar



Hanover- Wellness Bulletin Board. Knowledge is health!

**Submit your healthy lifestyle photo to be published in the next newsletter!**  
(send full name, member unit and photo to : [wellness@mmhg.org](mailto:wellness@mmhg.org))

# The MMHG Rocking Walking Playlist



Listening to upbeat music when working out can help motivate and inspire you to exercise a little harder and a little longer.

We asked MMHG members in the last newsletter and during the MMHG Spring Walking Challenge to send us their favorite songs to listen to when walking for exercise. We entered everyone who shared their songs with us into a random drawing to win a very cool walking goody bag. Thank you to all who sent in their selections. Congratulations to Peggy M. from Bristol County for being the lucky winner.

Here's the very eclectic MMHG Rocking Walking Playlist we compiled from your songs!

Aerosmith	Walk This Way	Justin Timberlake	Suit & Tie
Macklemore & Ryan Lewis	Can't Hold Us	Flo Rider	Troublemaker
U2	Beautiful Day	Kelly Clarkson	Stronger
Carl Douglas	Kung Foo Fighting	Dixie Chicks	Ready to Run
Carley Rae Jepsen	Call Me Maybe	Martina McBride	A Broken Wing
Snap	Snap I've Got the Power	Black Eyed Peas	Fergilicious
John Mellencamp	ROCK in the Usa	Katrina and the Waves	Walking on Sunshine
Black Eyed Peas	The END	Salt and Pepa	Push It
Gwen Stefani	The Sweet Escape	Melissa Ethridge	All American Girl
No Doubt	Hey Baby	Kid Rock	All Summer Long
Maroon 5	Overexposed	ACDc	Shook Me All Night Long
Toby Keith	How Do You Like Me Now?	Avril Lavigne	Girlfriend
Billy Currington	Why Why Why	Queen	Another One Bites the Dust
Tim McGraw	I Like It, I Love It	Black Eyed Peas	I Gotta Feeling
Tracy Byrd	I'm From The Country	Dixie Chicks	Sin Wagon
Tom Petty & Heartbreakers	Don't Come Round Here No More	Jon Bon Jovi	It's My Life
Kool & the Gang	Celebration	Eminem	Without Me
Meatloaf	Paradise by the Dashboard Light	Laura Branigan	Gloria
Boston	More Than a Feeling	Michael Jackson	Beat It
Cranberries	Salvation	Beach Boys	Fun Fun Fun
Survivor	Eye of the Tiger	Michael Jackson	Pretty Young Thing
Train	Drive By	Michael Jackson	The Way you Make me feel
Hunter Hayes	Storm Warning	Maroon 5	Moves Like Jagger
Aretha Franklin	Respect	Paula Abdul	Straight Up
Rascal Flatts	Friday	Kenney Chesney	Boys of Fall
Tim McGraw	Where the Green Grass Grows	Pitbull	Feel This Moment
Beyonce	Crazy in Love	Ringo Starr	You're Sixteen
Pink	Get the Party Started	Fun	Carry On
Beyonce	All the Single Ladies	Neil Diamond	Shilo
Rhianna	SOS	Bob Seger	Old Time Rock and Roll



Use sunscreens with broad spectrum SPF values of 15 or higher regularly and as directed.

# Be Sun Smart This Summer!

Content: Center for Disease Control (CDC) at <http://www.cdc.gov/cancer/skin/>

Skin cancer is the most common form of cancer in the United States. The two most common types of skin cancer—basal cell and squamous cell carcinomas—are highly curable. However, melanoma, the third most common skin cancer, is more dangerous. **About 65%–90% of melanomas are caused by exposure to ultraviolet (UV) light.**

Protection from ultraviolet (UV) radiation is important all year round, not just during the summer or at the

beach. UV rays from the sun can reach you on cloudy and hazy days, as well as bright and sunny days. UV rays also reflect off of surfaces like water, cement, sand, and snow. Indoor tanning (using a tanning bed, booth, or sunlamp to get tan) exposes users to UV radiation.

The hours between 10 a.m. and 4 p.m. daylight savings time are the most hazardous for UV exposure outdoors in the continental United States. UV rays from sunlight are the greatest during the late spring and early summer in North America.

The CDC recommends easy options for protection from UV radiation-

- Seek shade, especially during midday hours.
- Wear clothing to protect exposed skin.
- Wear a hat with a wide brim to shade the face, head, ears, and neck.
- Wear sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.
- Use sunscreen with sun protective factor (SPF) 15 or higher, and both UVA and UVB protection
- Avoid indoor tanning

## Work Outside? Keep your Cool!

Content: Center for Disease Control (CDC) <http://www.cdc.gov/niosh/topics/heatstress/>.

People who work outdoors are more likely to become dehydrated and are more likely to get heat-related illness. Here are some tips from the CDC:

- Drink from two to four cups of water every hour while working. Don't wait until you are thirsty to drink.
- Avoid alcohol or liquids containing large amounts of sugar.
- Wear and reapply sunscreen as indicated on the package.
- Ask if tasks can be scheduled for earlier or later in the day to avoid midday heat.
- Wear a brimmed hat and loose, lightweight, light-colored clothing.
- Spend time in air-conditioned buildings during breaks and after work.
- Encourage co-workers to take breaks to cool off and drink water.
- Seek medical care immediately if you or a co-worker has symptoms of heat-related illness.

Print this flyer for important safety information on protecting yourself from Heat Stress including symptoms of heat exhaustion and heat stroke:

<http://www.cdc.gov/niosh/docs/2010-114/pdfs/2010-114.pdf>



**"I grill, therefore I am."**

**-Alton Brown**

What would summer be without the backyard barbeque? Whether you use charcoal or gas there's nothing better than gathering with friends and family on a Saturday afternoon and cooking on the grill. Here are a few tips and recipes to help keep your next cookout healthy.

1. Choose lean meats like skinless chicken and fish
2. Add flavor— try olive oil, herbs and citrus juice marinades
3. Avoid flare-ups and charred

## Recipe Corner— Healthy Grilling

meats . Click [here](#) for more information about the risks of carcinogens and grilling.

4. Grill vegetables and fruit— delicious!
5. Serve healthy salads for side dishes.
6. Keep your grill clean and practice safe food handling. Click [here](#) for more information.

### **Lemony Garlicky Marinade**

*~for chicken, fish, and veggies*

1/2 cup olive oil

1/4 cup fresh lemon juice

2-3 cloves crushed garlic

1/4 cup chopped fresh herbs (like basil, thyme oregano, rosemary)

1 t crushed red pepper flakes

Salt and pepper to taste

Whisk together all ingredients. Marinate boneless chicken breasts, firm fleshed fish (like salmon), or veggie chunks for about 1/2 hour before grilling. *Try substituting lime juice for the lemon juice and adding chopped fresh cilantro and a minced jalapeño pepper in place of the herbs and crushed red pepper. (after marinating meat, poultry, fish— always discard extra marinade) Makes about 1 cup of marinade.*

### **Grilled Corn on the Cob**

- Pull back husks leaving them attached to the base of the ear ,remove silk, and fold husks back up
- Soak cobs in salted cold water for 15-20 minutes
- Grill over medium heat about 20 minutes (turning every 5 minutes) until slightly charred and tender

*Try sprinkling with fresh lime juice and chile powder instead of butter*

### **Grilled Peaches**

4-6 firm but ripe peaches

Canola oil

Chopped pecans or walnuts

Cut peached in 1/2 and remove the pit. Lightly brush cut side of the peach with canola oil. Grill on medium heat until the peaches are tender but not falling apart. Sprinkle with chopped pecans or walnuts.

*Serve peaches with a small scoop of vanilla frozen yogurt for a special treat.*

## Water Safety Tips and Resources

Content: National Institute of Health <http://www.nlm.nih.gov/medlineplus>

Playing in the water - whether swimming, boating or diving - can be fun. It can also be dangerous, especially for children. Being safe can help prevent injuries and drowning. To stay safe in the water

- Avoid alcohol when swimming or boating
- Wear a life jacket whenever you're in a boat

- Don't swim alone, or in bad weather
- Learn CPR
- Learn to swim and teach your children to swim
- Supervise your children when they are in the water
- Prevent sunburns, use plenty of sunscreen

### **Resources:**

**American Red Cross-** Water Safety Click [here](#) for link

**Recreational Water Illnesses - CDC** click [here](#) for link



# The MMHG Summer Scavenger Hunt



Remember participating in scavenger hunts at summer camp when you were a kid? It usually required foraging for certain leaves, weird shaped rocks and maybe a toad. They were always lots of fun—especially if there was the possibility of winning a prize!

We were inspired by the Town of Rochester librarians who put together an online scavenger hunt for the town's annual spring wellness and benefit fair. Just print out this page, fire up your computer, and go on the MMHG Summer Scavenger Hunt!

**Return the completed scavenger hunt to us no later than August 31, 2013 and you'll be entered in a random drawing to win an awesome Wellness Goody Bag!**

Email- [wellness@mmhg.org](mailto:wellness@mmhg.org)  
Mail- MMHG PO Box 3390 Plymouth, MA 02361  
FAX- (774)-773-9306

1. Go to [www.mmhg.org](http://www.mmhg.org), -the website for the Mayflower Municipal Health Group. Click on the "Wellness" link. Name one of the prizes you could win for participating in the MMHG 5/5/5 challenge. \_\_\_\_\_
2. Now go to [www.ahealthyme.com](http://www.ahealthyme.com). What is the telephone number for the 24 hour nurse care line for Blue Cross Blue Shield members? \_\_\_\_\_
3. Click [here](#). On this Harvard Pilgrim web page under the "Manage my Health" heading click on the "Find your own way to well-being with My Way to Better" link. Take the short quiz "My Way to Better". When you complete the quiz write down one recommended resource (website, app etc.) \_\_\_\_\_
4. Go to [www.massfarmersmarkets.org](http://www.massfarmersmarkets.org) (Federation of Massachusetts Farmers Markets). Where is your nearest farmers market? (Hint: Start by clicking the "Markets" button) \_\_\_\_\_
5. Go to [www.minuteclinic.com](http://www.minuteclinic.com). Where is your nearest CVS Minute Clinic located? \_\_\_\_\_
6. Blue Cross Blue Shield Members only: Go to [www.blue365deals.com](http://www.blue365deals.com). What is today's deal of the day? \_\_\_\_\_
7. Harvard Pilgrim Members only: Go to [www.harvardpilgrim.org](http://www.harvardpilgrim.org) click on the "Members" link then under the heading "Your Member Savings" click on the "See All Savings Programs" link. What discount do HP members receive when they sign up for Weight Watchers? \_\_\_\_\_
8. Return to [www.mmhg.org](http://www.mmhg.org) and click on the "What's New" link. Scroll down the page and find the "MMHG on Twitter" link and click on it. How many Twitter followers does the MMHG have? \_\_\_\_\_
9. Once again return to [www.mmhg.org](http://www.mmhg.org) and click on the "What's New" link. Scroll down the page and find the "MMHG on Facebook" link and click on it. How many Facebook likes does the MMHG have? \_\_\_\_\_
10. Who is the Wellness Coordinator from your member unit? \_\_\_\_\_

Your Name: \_\_\_\_\_ Email Address: \_\_\_\_\_



**GET ON THE PATH TO A HEALTHIER YOU!  
IF YOU QUIT SMOKING RIGHT NOW:**

**After 15 years**  
Your risk of coronary heart disease is the same as a non-smoker's

**After 10 years**  
You are half as likely to die from lung cancer. Your risk of larynx or pancreatic cancer decreases

**After 5 years**  
Your risk of cancer of the mouth, throat, esophagus, and bladder are cut in half

**After 1 year**  
Your risk of coronary heart disease is cut in half

**Within 3 months**  
Your circulation and lung function improves

**Within 20 minutes**  
Your heart rate and blood pressure drop

**Within 12 hours**  
The carbon monoxide level in your blood drops to normal

**Within 9 months**  
You will cough less and breathe easier

**1** Effect of smoking on arterial stiffness and pulse pressure amplification, Mahmud A, Feely J. Hypertension. 2003;41:183

**2** US Surgeon General's Report, 1988, p. 202

**3** US Surgeon General's Report, 1990, pp.193, 194,196, 285, 323


**4** US Surgeon General's Report, 1990, pp. 285-287, 304

**5** US Surgeon General's Report, 2010, p. 359

**6** A Report of the Surgeon General: How Tobacco Smoke Causes Disease – The Biology and Behavioral Basis for Smoking-Attributable Disease Fact Sheet, 2010; and Tobacco Control: Reversal of Risk After Quitting Smoking. IARC Handbooks of Cancer Prevention, Vol. 11, 2007, p 341

**7** A Report of the Surgeon General: How Tobacco Smoke Causes Disease – The Biology and Behavioral Basis for Smoking-Attributable Disease Fact Sheet, 2010; and US Surgeon General's Report, 1990, pp. vi, 155, 165

**8** Tobacco Control: Reversal of Risk After Quitting Smoking. IARC Handbooks of Cancer Prevention, Vol. 11, 2007, p 11

 [www.BeTobaccoFree.gov](http://www.BeTobaccoFree.gov)



**MMHG**  
**Mayflower**  
**Municipal Health**  
**Group**

P.O. Box 3390  
 Plymouth, Ma. 02361

[www.MMHG.org](http://www.MMHG.org)

# LIVE.LIFE.BELIEVE. FITNESS CENTER

10 CORDAGE PARK - PLYMOUTH MA 508-746-1000 [www.LiveLifeBelieve.com](http://www.LiveLifeBelieve.com)

## ONE WEEK TRIAL

**For all Mayflower Municipal Health Group Members**

Limit - One per member - Please Print To Redeem

**We look forward to meeting you  
 and helping you on your way to GREAT HEALTH!**

MAYFLOWER MUNICIPAL HEALTH GROUP INCLUDES THE FOLLOWING GOVERNMENTAL UNITS: ~Abington ~ Bridgewater ~ Bristol County ~ Brockton Area Transit Authority ~ Carver-Marion-Wareham Regional Refuse Disposal District ~ Halifax ~ Hanover ~ ~Hanson ~ Hingham ~ Hull ~ Kingston ~ Marshfield ~ Norfolk County ~ North River Collaborative ~ Norwell ~ Onset Fire District ~ Pembroke ~ Plympton ~ Plymouth County ~ Plymouth County Retirement Association ~ Rochester ~ Rockland ~ Scituate ~ Silver Lake Regional School District ~ Southeastern Regional Transit Authority ~ South Shore Educational Collaborative ~ South Shore Regional Emergency Communication Center ~ South Shore Regional School District ~ South Shore Tri-Town Development Corporation ~ Wareham Fire District ~ Water Works (Abington-Rockland) ~ West Bridgewater ~ Whitman ~ Whitman-Hanson Regional School District ~



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## Get a Colonoscopy in 2013 and Get a \$50 Gift Card!

Eligible MMHG subscribers are reminded that they can receive a **\$50 gift card** for having a colonoscopy in 2013!

The incentive is available to all Blue Cross Blue Shield and Harvard Pilgrim subscribers age 50 and over or high risk and enrolled in non Medicare plans. Visit **[www.mmhg.org](http://www.mmhg.org) (What's New)** to learn more about the details of this program.

Colonoscopy screenings are recommended for anyone who may be at higher than average risk for colorectal cancer. Colonoscopy screenings save lives by detecting precancerous polyps early so they can be removed before turning into cancer.