

## Minuteman Nashoba Health Wellness is now on Facebook



Minuteman Nashoba Health Group Wellness:  
You can now find us on Facebook!  
Our page looks like this:



You'll find great recipes, fitness tips, healthy living ideas and so much more. We will even ask you for your input as we move forward with our wellness program.

You can find us on Facebook at: Minuteman Nashoba Health Group Wellness or:  
[https://www.facebook.com/MNHGwellness1/?ref=aymt\\_homepage\\_panel](https://www.facebook.com/MNHGwellness1/?ref=aymt_homepage_panel)

Don't forget to visit our website for all f the update MNHG wellness information. [www.minuteman-nashoba.org/wellness](http://www.minuteman-nashoba.org/wellness)