

TOWN OF MIDDLEBOROUGH

EMPLOYEE HEALTH & BENEFITS FAIR

THURSDAY, APRIL 9

12:00 P.M. – 4:00 P.M.

GRAND BALLROOM – 2ND FLOOR

MIDDLEBOROUGH TOWN HALL

10 NICKERSON AVENUE

**OPEN TO ALL TOWN OF
MIDDLEBOROUGH
EMPLOYEES & RETIREES!**

**FREE SWAG,
RAFFLE PRIZES,
HEALTH SERVICES,
AND MORE!**

**MEET WITH
BENEFITS
REPRESENTATIVES
& SIGN UP ON
SITE!**



**QUESTIONS? EMAIL
HRD@MIDDLEBOROUGHMA.GOV**

FREE MINDFUL MOVEMENT CLASS

HOSTED BY LITTLE RED YOGA

APRIL 9, 2026 | 1:00 P.M.

SELECT BOARD MEETING ROOM

This class focuses on gentle, stress-reducing stretches, meditation, and breath work that can be performed on a yoga mat or while seated. Tibetan sound bowls will be incorporated into the session. The class is suitable for beginners and may be taken in regular work attire. Participants are encouraged to bring a yoga mat if they have one; mats will also be available.



**To RSVP, please email
HRD@middleboroughma.gov!**

**All employees and retirees
are welcome.**