



# *Somerville Council on Aging General Nutrition Classes*

***Mondays, August 1st, August 8th &  
August 29th from  
11:00am-12:00pm via ZOOM  
&  
12:30pm-1:30-pm at  
Ralph & Jenny Center***

For more information or to sign up  
please call  
***Mary at 617-625-6600 ext. 2316 or  
email [headtofitness10@yahoo.com](mailto:headtofitness10@yahoo.com)***