

Somerville Council on Aging General Nutrition Classes



*Mondays from
11:00am-12:00 via **ZOOM***

&

*12:30pm-1:30-pm at **Ralph & Jenny Center***

Upcoming dates: September 12th, 19th, & 26th

*Wednesdays from
10:00am-11:00am at
Holland Street*

4-week Mini-series Part 2: Mindful eating “Getting Back to Basics

Upcoming dates: September 7th, 14th, 21st, & 28th

*For more information or to sign up please call Mary at
617- 625-6600 ext. 2316 or email:
Headtofitness10@yahoo.com*