

Somerville Council on Aging
General Nutrition Classes
October 2022

Mondays

11:00am-12:00pm via ZOOM

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

Upcoming dates:
October 3rd, 17th, 24th, 31st

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