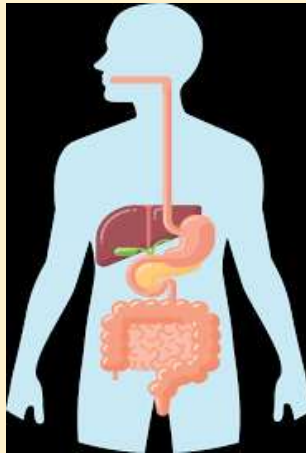


Somerville Council on Aging
October Nutrition Workshop

Digestion & How It Effects Our Bodies

Wednesday, October 12, 2022
10:00am-11:00am



Did you know digestion starts in your mouth as soon as you take the first bite of a meal. Each part of your digestive system helps to move food and liquid through your GI tract, break food and liquid into smaller parts, or both. Once foods are broken into small enough parts, your body can absorb and move the nutrients to where they are needed.

Poor digestion can cause upset stomach and leave you feeling quite upset. It can trigger irritability, low energy, and reduce overall happiness.

Come hear how to improve your overall health and stay happy at this one hour class in the Atrium.

Space is limited so please reserve your seat.

Lunch will be served after the class.

Please contact **Connie at 617 625-6600 ext. 2319**