

***Somerville Council on Aging  
General Nutrition Classes  
December 2022***



***Mondays from  
11:00am-12:00am via ZOOM  
&  
12:30pm-1:30-pm at Ralph & Jenny Center***

***Upcoming dates:  
December 5, 12, 19, 2022***

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