

Somerville Council on Aging

Wednesday Nutrition Class for December



HEALTHY HOLIDAY EATING CLASS

Holland Street – 10:00am

December 7, 14, 21, 2022

Holiday Cooking and Eating can become challenging when trying to stay on an exercise and healthy lifestyle. But who doesn't want to indulge in the fun and indulge a little? We can still be part of the festivities but not fall off the path.

Now it's your turn! What are your favorite holiday indulgences, and have you attempted to upgrade them to a healthier version? What are some of your Thanksgiving rituals that keep you on the path of wellness.

- *Let's look at our holiday line up and see if we can come up with some healthy alternatives to your favorite dishes.*
- *Let's look at your schedule so you can take time for self-care*
- *Let's stay hydrated!! Holiday cordials are always a treat but can be dehydrating.*
- *Let's Recap and see how we did.*

Remember what a holiday really means: a chance to relax, reset your sleep pattern, and bond with your loved ones.

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