

Somerville Council on Aging Nutrition Classes



FINDING A BALANCE TO RESET YOUR HEALTHY DIET

The holidays bring lots of activities and irregular schedules. This makes it difficult to eat and keep our regular eating and exercise routines. Luckily our bodies have memory and we can reset and get back on track. Join in on one of our many classes this month to get **IDEAS!**

INCORPORATE MORE PLANT FOODS

DRINK MORE WATER

EXERCISE REGULARLY

AIM FOR PROGRESS NOT PERFECTION

SLEEP MORE

Classes are designed to fit every lifestyle and to work with all of our daily obstacles. Come join us to share in ways we can make a commitment to maintaining our health.

Look forward to seeing you at one of our Monday or Wednesday Nutrition classes. Please contact *Mary* at 617-625-6600 ext. 2316 or headtofitness10@yahoo.com for more information.

***Class dates for February are as follows:
Mondays, February 6th, 13th & 27th
and Wednesdays, February 1st, 8th & 15th***