



September Nutrition Schedule

Please join us for one of our virtual or in-person general nutrition classes!

Virtual Classes, via Zoom:

Mondays, September 11th, 18th & 25th at 11:00am

**In-person classes at the Ralph and Jenny Center
Mondays, September 11th, 18th & 25th at 12:30pm**

**In-person classes at the Holland Street Center
Wednesdays, September 13th, 20th & 27th at
10:00am**

**To sign up for a nutrition class, please contact Mary
at headtofitness10@yahoo.com or 617 625-6600 ext. 2316**



**KATJANA BALLANTYNE
MAYOR**