



**January**

## **Nutrition Classes with Mary Marshall**

**What a wonderful year of learning we had in 2023!**

**Let's jump into the New Year with all of our nutrition knowledge and put it to good use.**

**Classes will resume weekly and we will start off with planning our days with fun and new foods to help us stay healthy and energized for the entire year.**

**Mondays, January 8th, January 22nd & January 29th**  
**11:00am-12:00pm via ZOOM**  
**12:30pm-1:30pm at the Holland Street Center**

**Wednesdays, January 10th, January 17th, January 24th & January 31st**

**10:00am-11:00am at the Holland Street Center**

For more information on our classes or Nutrition tips,  
contact Mary at [headtofitness10@yahoo.com](mailto:headtofitness10@yahoo.com)  
or 617 625-6600 ext. 2316

