



KATJANA BALLANTYNE
MAYOR

October Nutrition

Healthy eating emphasizes fruits, vegetables, whole grains, dairy, and protein. "Healthy eating" can look different for everyone, but the ultimate goal is to establish a pattern of taking in foods and drinks that supply you with the necessary nutrients to keep up your overall health.

Join us for our Nutrition Classes:

Mondays: October 7th, October 21st & October 28th

11:00am-11:45am via ZOOM

12:30pm-1:15pm at the Ralph & Jenny Senior Center

Wednesdays: October 2nd, October 23rd & October 30th

10:00am - 10:45am at the Holland St. Senior Center



Persons with disabilities who need ADA accommodations to access this program, please contact Adrienne Pomeroy in advance at 617-625-6600 x 2059 or apomeroy@somervillema.gov.

