



KATJANA BALLANTYNE
MAYOR



Nia® Moving to Heal Virtual Class



Discover the "Joy of Movement" to let go of stress and feel better in your mind & body. Appropriate for all levels of fitness. Nia® encourages participants to move in a way that is just right for their bodies and to have fun. This class combines easy-to-do moves with great music you will love. This class can be done seated or standing. Makes a great midday movement break!

Tuesday, November 5th and 12th at 12:00pm on Zoom.

E-mail Michelle at mdeutsch@somervillema.gov for the Zoom link and to register.



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.