



## Nutrition at the Council on Aging



Every week, whether on Zoom or in person, the COA host general nutrition classes where we discuss various topics to help create a healthy lifestyle. A healthy diet includes a heavy emphasis on natural foods. A sizeable portion of a healthy diet should consist of fruits and vegetables, especially ones that are red, orange, or dark green. Whole grains, such as whole wheat and brown rice, and, for adults, dairy products should be non-fat or low-fat.

When we are together, in class, these topics are brought to light with the participation of the members. We learn through class topics but also through class sharing. We are all seasoned and come from a variety of cultures—our lived experiences are always encouraged to be shared with all!

### December Class Schedule:

**Mondays: December 2nd, 9th, 16th, 23rd & 30th**

**11:00am-11:45am via ZOOM**

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

**Wednesdays: December 4th & December 18th**

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

To RSVP , please contact Mary at [Headtofitness10@yahoo.com](mailto:Headtofitness10@yahoo.com)  
or call 617 625-6600 ext.2316

The City of Somerville can provide you with an interpreter in your language for free. To request an interpreter, please contact us at [somerviva@somervillema.gov](mailto:somerviva@somervillema.gov) or call 311 (617-666-3311) at least 7 days in advance of this event.

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](mailto:apomeroy@somervillema.gov).

