



# Nutrition at the Council on Aging



January's Nutrition Food Label Facts Class was received with such great response, that we will continue to learn how the food label can help us make healthy food choices throughout the month of February. Small changes can add up to make a big difference!

**Join us this month for any of our in person or online classes.**

## **Upcoming Dates:**

**Mondays - February 3rd, February 10th and February 24th**

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

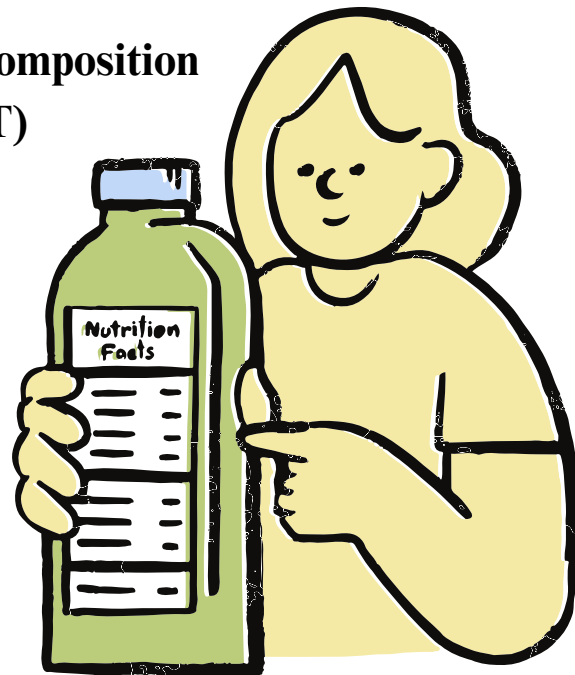
**12:30pm-1:30pm at the Ralph & Jenny Center**

**Wednesday - February 5th, February 12th, February 19th & February 26th**

**10:00am-10:45am at Holland Street Center**

**Remember to schedule your Body Composition  
(BMI, BRI, & BODYFAT)**

*For more information on any of the classes, consults or to  
schedule an appointment, contact Mary at  
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).