



KATJANA BALLANTYNE
MAYOR

Nutrition at the Council on Aging

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

Upcoming Dates:

Mondays - January 6th, January 13th and January 27th

11:00am-11:45am via ZOOM

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

Wednesday - January 15, January 22nd & January 29th 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 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.