

Nutrition at the Council on Aging





In class this month we will review all of the food groups and how to shop for them. We have discovered that all foods are not created equal, if we know how to read a Nutrition Food Label. We will be putting it to the test.

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

Upcoming Dates:

Mondays - March 10th, March 24th & March 31st 11:00am-11:45am via ZOOM 12:30pm-1:30pm at the Ralph & Jenny Center

Wednesday - March 5th, March 12th & March 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 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.