



# Nutrition at the Council on Aging



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

## **Upcoming Dates:**

A faint, stylized illustration of a woman with blonde hair, wearing a green shirt and a brown apron, holding a large wicker basket filled with various vegetables like tomatoes, leafy greens, and carrots. The illustration is positioned behind the text.

**Mondays - April 7th, April 14th & April 28th**  
**11:00am-11:45am via ZOOM**  
**12:30pm-1:30pm at the Ralph & Jenny Center**

**Wednesday - April 2nd, April 9th, April 16th**  
**& April 30th**  
**10:00am-10:45am at Holland Street Center**

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