



JUNE

NUTRITION CLASSES



June is Fresh Fruit and Vegetables Month. Celebrating these two food groups in June, aims to inspire people to eat more of these nutritious foods every day that may help reduce risk of many diseases. We are learning to balance our diets with all the food groups, and adding fresh fruits and vegetables will be just the nutrients that our bodies need.

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

Upcoming dates:

Mondays **11:00am-11:45** **June 2, 9, 16, 23, 2025**
 via ZOOM
 &
 12:30pm-1:30pm
 at Ralph & Jenny Center

Upcoming dates:

Wednesdays **10:00am-10:45am** **June 4, 11, 18, 25, 2025,**
 at Holland Street Cener

*For more information on any of the classes, or to schedule a consultation,
contact Mary Marshall at Headtofitness10@yahoo.com or call 617 625-6600 ext.2316*



*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.*

