



# Nutrition at the Council on Aging



## August Nutrition Classes

This month we will dive into smart food choices for healthy aging. One plan that stands out, The Mediterranean Diet style of eating. It is considered healthy, nutritious and emphasizes on minimally processed, plant-based foods. It includes fruits, vegetables, nuts, beans, whole grains such as whole-grain pasta, breads, olive oil, red wine, and small amounts of fish, eggs, dairy, and meats. As the name implies, the Mediterranean diet is inspired by the traditional eating habits of people living in countries bordering the Mediterranean Sea, particularly the olive-growing cultures of Southern Italy and Greece. Although it would be wonderful to visit, we do not need to travel to enjoy the benefits of eating smart food choices to better our lives.

### Via Zoom

*Monday, August 4th, August 18th & August 25th  
11:00am-11:45am*

### Ralph and Jenny Center

*Monday, August 4th, August 18th & August 25th  
12:30pm-1:30pm*

### Holland Street Center

*Wednesday, August 6th, August 20th & August 27th  
10:00am-10:45am*



***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 [languageaccess@somervillema.gov](mailto:languageaccess@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).