

Healthy Living for Your Brain & Body KATJANA BALLANTYNE

Norma Milligan from The Alzheimer's Association is coming to teach us about important research into diet/nutrition, exercise, cognitive activity and social engagement, and how to develop a plan for healthy aging!

When: Wednesday, August 13th from 10:30-11:30 Where: 167 Holland St, Somerville, MA 02144

RSVP by contacting Molly at 617-625-6600 ext 2318 or at mpagliuca@somervillema.gov

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This program has been implemented as a result of the Aging in Somerville Community Needs Assessment. It is thanks to feedback from our community that we are able to create programs to help older adults continue to age well in Somerville.





Persons with disabilities who need ADA accommodations to access this program, please contact 311 (617-666-3311) in advance.

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 or call 311 (617-666-3311) at least 7 days in advance of this event.