



Nutrition at the Council on Aging

As we age, we become aware that our dietary and social needs, change over time. You can take charge of your well-being, by taking steps to age with a healthy body and a healthy mind.

**In October we will be
Stepping up our Nutrition and Well Being.**

Via Zoom

**Monday, October 6th, October 20th & October 27th
11:00am-11:45am**

Ralph and Jenny Center

**Monday, October 6th, October 20th & October 27th
12:30pm-1:30pm**

Holland Street Center

**Wednesday, October 1st, October 8th, October 22nd
& October 29th
10:00am-10:45am**

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 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.