



Nutrition at the Council on Aging



September Nutrition Classes



There are concerns about health equity because the data indicate that individuals with fewer resources tend to experience more health problems. Overall, the intake of refined grains along with meat, poultry, and eggs is too high. The intakes of dairy, fruit, vegetables, whole grains, and healthier proteins including lentils, peas, beans, soy, nuts, seeds, and seafood, are too low. We will explore the recommendations for the Guidelines

Via Zoom

*Monday, September 8th, September 15th, September 22nd & September 29th
11:00am-11:45am*

Ralph and Jenny Center

*Monday, September 8th, September 15th, September 22nd & September 29th
12:30pm-1:30pm*

Holland Street Center

*Wednesday, September 3rd, September 10th, September 17th & September 24th
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.