



Nutrition at the Council on Aging



As the season starts to change in October and November, seniors should look for nutrition advice that addresses their specific health needs during the cooler months. A personalized plan from a qualified professional will focus on boosting immunity, increasing key vitamin intake, and maintaining hydration, such as eating more stews and soups that incorporate both. During our classes we will address concerns that you may have about maintaining a healthy balanced diet.

Via Zoom

**Monday, November 3rd, November 10th, November 17th
& November 24th
11:00am-11:45am**



Ralph and Jenny Center

**Monday, November 3rd, November 10th, November 17th &
November 24th
12:30pm-1:30pm**

Holland Street Center

**Wednesday, November 12th, November 19th & November 26th
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.