



Nutrition at the Council on Aging



Before sitting down at the table consider tips for healthier holiday eating! Avoiding skipping meals or consuming too much alcohol are just a couple of tips we will address this holiday season. Together, we will come up with strategies to work around all of the high fat and sugar that comes with holiday celebrations without skipping out on all the fun and tasty treats!

Via Zoom

**Monday, December 1st, December 8th & December 15th
11:00am-11:45am**

Ralph and Jenny Center

**Monday, December 1st, December 8th & December 15th
12:30pm-1:30pm**

Holland Street Center

**Wednesday, December 3rd & December 10th
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.