



JAKE WILSON  
MAYOR

# Nutrition at the Council on Aging



This time of year, is a good time to think of a fresh start, not resolutions. Doing something better or something that can improve your life in any way gives you a positive attitude of wellbeing. We will start our year off with topics that will help you decide if you need to make changes or if you just need to continue on your healthy journey as you always have.

## Via Zoom

**Monday, January 5<sup>th</sup>, January 12<sup>th</sup> & January 26<sup>th</sup>**  
**11:00am-11:45am**

## Ralph and Jenny Center

**Monday, January 5<sup>th</sup>, January 12<sup>th</sup> & January 26<sup>th</sup>**  
**12:30pm-1:30pm**

## Holland Street Center

**Wednesday, January 7<sup>th</sup>, January 14th, January 21<sup>st</sup>  
& January 28<sup>th</sup>**  
**10:00am-10:45am**

*For more information on any of the classes, consults or to schedule an appointment, contact Mary at [Headtofitness10@yahoo.com](mailto: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](mailto: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](mailto:apomeroy@somervillema.gov).*