



Holland Street Center

Stepping Up Your Nutrition



JAKE WILSON
MAYOR



Wednesday, March 4th will begin “Stepping up your Nutrition”; an 8-week class that will run through April.

This eight week series will focus on ways we can each step up our nutrition. Topics will include: the importance of muscles for strength, key nutrients for older adults, particularly protein and fluid, knowing how nutrition affects the risks of falling and how to determine personal nutrition for a better lifestyle.

We kindly ask that you commit to the entire eight week series; ***pre-registration is required.***

***Class will be from 10:00am-10:45am
at the Holland St. Center.***

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.