



APRIL NUTRITION CLASSES



JAKE WILSON
MAYOR



“Stepping up your Nutrition”

This month we will cover:

- The importance of muscles for strength.
- Key nutrients for older adults, particularly protein and fluid.
- Knowing how nutrition affects falls risk
- How to determine personal nutrition for a better lifestyle.

This class will run Mondays and Wednesdays. Weekly attendance will be necessary or a makeup class on another day may be offered.

Via Zoom

**Monday, April 6th, April 13th & April 27th
11:00am-11:45am**

Ralph and Jenny Center

**Monday, April 6th, April 13th & April 27th
12:30pm-1:30pm**

Holland Street Center

**Wednesday, April 1st, April 8th, April 15th & April 29th
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 can request accommodations to access the programs, activities, and meetings of the City of Somerville by contacting the ADA Coordinator at 617-625-6600 x 2059 or ADA@somervillema.gov in advance of the event.