



MAY NUTRITION CLASSES

Putting it all together!



JAKE WILSON
MAYOR



We've been learning about food groups and how important it is to have a balanced diet. In May, we will be putting it all together to make our own personal diet prescription.

Via Zoom

Monday, May 4th, May 11th & May 18th
11:00am-11:45am

Ralph and Jenny Center

Monday, May 4th, May 11th & May 18th
12:30pm-1:30pm

Holland Street Center

Wednesday, May 6th, May 13th & May 20th
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



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