



JULY NUTRITION CLASSES



JAKE WILSON
MAYOR



Every day foods can be challenging to make if you don't know
What to eat and how to balance it all.

We can learn by focusing by incorporating all the food groups into our diets, so that
we get what is needed for our daily balance to nourish our bodies.

Via Zoom

**Mondays, July 6th, July 13th & July 27th
11:00am-11:45am**

Ralph and Jenny Center

**Mondays, July 6th, July 13th & July 27th
12:30pm-1:15pm**

Holland Street Center

**Wednesdays, July 1st, July 8th, July 15th & July 29th
10:00am-10:45am**

Make Up & Q & A Time

**Mondays, July 6th, July 13th & July 27th Via ZOOM
10:30am – 11:00am**

This is a time for make up and to ask any questions
you may have on any of the class work being covered,
please feel free to join this class before the schedule
zoom class on Mondays.

***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.*