



JUNE NUTRITION CLASSES

Knowing your Strength



JAKE WILSON
MAYOR



Knowing our strength and our body mass can help us understand what our bodies need. We will be offering bodyfat compositions and hand grip strengths to help us learn how we can fuel ourselves to the best capacity.

Via Zoom

**Monday, June 1st, June 8th, June 15th & June 29th
11:00am-11:45am**

Ralph and Jenny Center

**Monday, June 1st, June 8th, June 15th & June 29th
12:30pm-1:15pm**

Holland Street Center

**Wednesday, June 3rd, June 17th & June 24th
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.