



August Nutrition Classes Getting What You Need



In July, we learned the food groups and what our bodies may need.

In August, we will continue to focus on incorporating all the food groups into our diets, so that we get what is necessary for our daily balance to nourish our bodies.

Via Zoom

*Mondays, August 3rd, August 17th, August 24th
& August 31st
11:00am-11:45am*

Ralph and Jenny Center

*Mondays, August 3rd, August 17th, August 24th
& August 31st
12:30pm-1:15pm*

Holland Street Center

*Wednesdays, August 5th, August 19th & August 26th
10:00am-10:45am*



Make Up Nutrition and Q & A Time

*Mondays, August 3rd, August 17th, August 24th
& August 31st Via ZOOM
10:30am – 11:00am*

This is a time to ask any questions you may have on any of the class work previously covered, please feel free to join this class before the scheduled zoom class on Mondays.

For any Nutrition related questions or concerns, please contact Mary at Headtofitness10@yahoo.com or call 617 625-6600 ext.2316



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