



September Nutrition Classes

Calories & Properly Nourishing Our Bodies



Incorporating all food groups into our diets is a great way to create proper balance. Knowing how much of each food group to eat, can be confusing but knowing your body fat and body mass index can help understand what you need.

Via Zoom

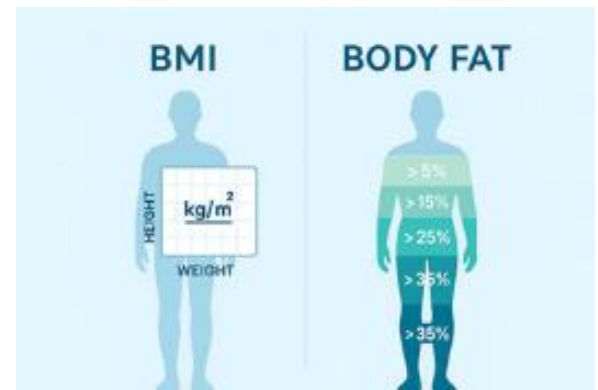
Mondays, September 14th & September 21st
11:00am-11:45am

Ralph and Jenny Center

Mondays, September 14th & September 21st
12:30pm-1:15pm

Holland Street Center

Wednesdays, September 2nd, September 9th, September 16th & September 30th
10:00am-10:45am



Make Up Nutrition and Q & A Time

Mondays, September 14th & September 21st 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



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.