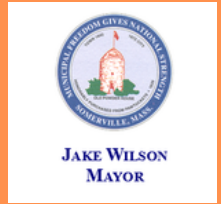




MONSTER MUNCH WORKSHOP

Friday, October 30th
10am - 12pm
Holland St. Center



Creating a trail mix that is not only nutritious but delicious is easy if you use the right ingredients. We will be putting together a fun tasting energy trail mix for all to enjoy.

We also will need to work the recipe out together.

Can you break it down into food groups and calories? Trail mix can be fun but is it always good for you?



SPACE is LIMITED

RSVP to 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.

