



October Nutrition Classes



JAKE WILSON
MAYOR



Getting an understanding of your Body Fat and Body Mass Index can help understand what you need, but we also want to look at our Body Roundness Index. Unlike BMI, Body Roundness Index BRI accounts for body shape and fat distribution, offering a more correct assessment of cardiometabolic risk. Body fat is measured in percent (%) of total body weight, providing a clearer picture of health than weight or BMI alone.

Via Zoom

**Mondays, October 5th, October 19th & October 26th
11:00am-11:45am**

Ralph and Jenny Center

**Mondays, October 5th, October 19th & October 26th
12:30pm-1:15pm**

Holland Street Center

Wednesdays, October 14th, October 21st & October 28th 10:00am-10:45am

Make Up Nutrition and Q & A Time

***Mondays, October 5th, October 19th & October 26th 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.