December Nutrition Classes



Holiday Eating and staying healthy shouldn't be a mind game. Knowing your needs and having some unexpected plans pop up, should Just be part of living a healthy fun life. Learn to work through those not so healthy holiday foods without the guilt.

Via Zoom
Mondays, December 7th , December 14th & December 21st
11:00am-11:45am

Ralph and Jenny Center
Mondays, December 7th , December 14th & December 21st
12:30pm-1:15pm

Holland Street Center
Wednesdays, December 2nd , December 9th & December 16th
10:00am-10:45am

Make Up Nutrition and Q & A Time

Mondays, December 7th , December 14th & December 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.