

Somerville Council on Aging presents...

A new Fit-4-Life group just for Lesbian, Bisexual and Transgender Women 55 years and older!

Our goal is to reduce the significant and prevalent burden of age-associated chronic disease and provide support for healthier aging.

A two-part program!

1

A **certified exercise trainer** will lead and supervise you in aerobic, strengthening, and mobility exercises geared to your specific needs.



2

A **nutritionist** will offer individual dietary screening and assessments, counseling, and regular support groups so you can learn more about nutrition, improve your eating habits, and optimize body weight.

Cost: \$10 a month

Time: Tuesdays and Thursdays, 6:00 PM,

**Location: Holland Street Center, 167
Holland Street.**

**More info: Chris Kowaleski, Health &
Wellness Coordinator, 617-625-6600 ext.
2315 or ckowaleski@somervillema.gov**



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