



SOMERVILLE COUNCIL ON AGING HEALTHY EATING WORKSHOP

**OCTOBER 28, 2020
at
10:00 am - 11:00 am on ZOOM**

If you missed last month's workshop, then it will be great for you to join us this month in our healthy eating workshop.

Planning meals can be tiresome and gets to be boring. Let's share ideas on how to balance out your day with tasty, nutritious meals and snacks. We will focus on getting in all of the daily food groups, while enjoying some fall treats.

Things we will cover include:

- Knowing how much to eat and spreading out your meals
- Choosing foods from all the food groups that are delicious and nutritious
- Reading a Nutrition Food Label
- How to get started on your grocery list
- Filling out a meal plan that works for you and your schedule



RSVP to Mary Marshall at 617 625-6600 ext. 2316

Please leave your name, number and email or you may email me at

headtofitness10@yahoo.com