

Join Somerville-Cambridge Elder Services & Cambridge Council on Aging to
CELEBRATE SCES' 50TH ANNIVERSARY

and our dedication to nutrition and wellness for local older adults!



Join us for a discussion on the health benefits of a Mediterranean Diet at 11 a.m. on March 20, followed by a exercise program update
To make a meal reservation, call 617-349-6047 by 11:00 a.m. the business day before.

MEDITERRANEAN INSPIRED LUNCH at 11:30 consisting of:
Tuscan White Fish, Rice Pilaf, Kale and Red Peppers, Wheat roll, fruit, yogurt parfait

Meet our new CEO Marta Corvelo and talk with SCES Nutrition Staff about the meal options



**Free Food Samples
Recipes & Free Gifts
Grocery Card Raffle for all guests**

