

CHRONIC DISEASE MANAGEMENT & PREVENTION CLASSES



All Classes are
Free and Online

August 2025 Theme: Beyond Medicine: Natural Approaches to Health and Healing

Nutrition Mondays Anti-Inflammatory Lifestyle Mondays at 6 pm

This class teaches health principles to help individuals maintain a healthy lifestyle.

Complementary & Integrative Health Thursdays at 1 pm

This class explores various approaches intended to improve your health and complement conventional medicine.

TAKE CONTROL OF YOUR HEALTH I Wednesdays at 6 pm

Take Control of Your Health I class explores health topics.

TAKE CONTROL OF YOUR HEALTH II Thursdays at 6 pm

Take Control of Your Health II class explores health topics.

**On Summer Break
See You in September!**

August topics include:



8/7: Therapeutic Art
with Ms. Nikole Jiggetts

8/14: Animal & Pet Therapy
with Dr. Erica McFarland

8/21: Massage Therapy
with Mr. Michael Campbell

8/28: Peridom Insights: Putting it
All Together with
Ms. Kelli Dominique Hudson

8/6: Food as Medicine

8/13: Medical Marijuana, CBD/THC
and Pain Management

8/20: Chiropractic Medicine
Trigger point and
Acupuncture updates

8/27: Reflexology, Visceral
Manipulation & Red light
Laser Therapy

8/7: Mind & Body Practices: Yoga
with Dr. Ball

8/14: Therapeutic Gardening
with Ms. Juliette Williams

8/21: Animal & Pet Therapy
with Dr. Erica McFarland

8/28: Benefits of Exercise
with Coach Phyllis

Click here or Scan the
QR Code to Register



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For more information, call (240) 777-1833 or email info@aaahpmontgomerycounty.org

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HEALTH AND FITNESS SERIES, AUGUST 2025

All Classes are Free and Online

AAHP's Yoga and Low Impact Classes guide attendees through smooth, easy to do movements to assist with stress management.



[Click here or scan the QR code to register](#)



YOGA
Wednesdays
at 10 am

AAHP's Tai Chi Class guides attendees through mindful, practiced movements to assist with balance and coordination, and AAHP's Zumba class is a high-impact workout with energizing music.



[Click here or scan the QR code to register](#)



TAI CHI
Saturdays
at 9am



[Click here or scan the QR code to register](#)



**LOW IMPACT
EXERCISE**
Thursdays at
11:30 am



[Click here or scan the QR code to register](#)



ZUMBA
Fridays at
11 am

**WALK IN THE PARK
& Full Body Fitness
SATURDAYS!**



August 2, 9:30 am
Valley Mill Special Park
Outdoor Walk

August 9, 9:30 am
Full Body Fitness
White Oak Rec Center

August 16, 9:30 am
Outdoor Walk
Cherry Hill Rd.
Community Park Trail

August 23, 9:30 am
Full Body Fitness
White Oak Rec Center

August 30
Happy Labor Day Weekend
Fitness at Home!