CHRONIC DISEASE MANAGEMENT & PREVENTION CLASSES



All Classes are Free and Online

August 2025 Theme: Free and Onling 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 compliment 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!



8/7: Therapeutic Art with Ms. Nikole Jiggetts

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

Food as Medicine

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

8/20: **Chiropractic Medicine** Trigger point and **Acupuncture updates**

Reflexology, Visceral **Manipulation & Red light** Laser Therapy

August topics include:

with Dr. Rall 8/14: Therapeutic Gardenina

Mind & Body Practices: You

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 OR Code to Register



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

CHRONIC DISEASE MANAGEMENT & PREVENTION CLASSES

HEALTH AND FITNESS SERIES, AUGUST 2025

All Classes are Free and Online

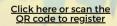
AAHP's Yoga and Low Impact Classes guide attendees through smooth, easy to do movements to assist with stress management.



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YOGA Wednesdays at 10 am





LOW IMPACT EXERCISE Thursdays at 11:30 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 highimpact workout with energizing music.



TAICH

Saturdays at 9am

Click here or scan the OR code to register







ZUMBA Fridays at 11 am

Click here or scan the OR code to register



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!



