



Complementary & Integrative Health

August 2025 Topics

**Free &
Online**

August 7-- Therapeutic Art

With Ms. Nickole Jiggetts

August 14--Animal & Pet Therapy

With Dr. Erica McFarland

August 21--Massage Therapy

With Mr. Michael Campbell

August 28--Peridom Insights

With Ms. Kelli Dominique Hudson

**Click Here or
Scan the QR Code
to Register and
Join the CIH Hour!**



Every Thursday at 1 pm on Zoom

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Meeting Accessibility Policy: Montgomery County will provide sign language interpreters and other auxiliary aids or services upon request--with as much advance notice as possible, preferably within at least three (3) business days before the event. Contact Ms. Wanneh Dixon, Program Manager for the African American Health Program at 240-777-1451 or send a request to wanneh.dixon@montgomerycountymd.gov. Taking these steps will help us have sufficient time to best meet your needs.

