

240-777-1833

## TAKE CONTROL OF YOUR HEALTH

Chronic Disease Management and Prevention Program

### Come Register Today! Wednesday class

https://us06web. zoom.us/meeting /register/tZAodOsrzoqEt1Fwp7Y1 5g7DJJ9Efg6dkH w#/registration



When: Every Wednesday 6:00-7:00 PM

Where: Virtual via Zoom

Who: Open to everyone concerned about chronic disease.

Wednesday Instructor: Dr. Monica Scott

**Point of Contact: Autumn Williams** 

#### Come Register Today! Thursday class

https://us06web. zoom.us/meeting /register/tZ Yvcemppj0tHdNI 1yLicyk-7kOgBtixDDyM



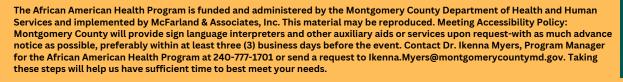
When: Every Thursday 6:00-7:00 PM

Where: Virtual via Zoom

Who: Open to everyone concerned about chronic disease.

Thursday Instructor: Dr. Vivian Ayuk

**Point of Contact: Autumn Williams** 







# FREE Health Education Classes To Help You Thrive! presented by the African American Health Program (AAHP)

## August 2025 Theme:

# Beyond Medicine: Natural Approaches to Health and Healing

**Wednesday Topics** 

**Thursday Topics** 

August 06, 2025

Food as Medicine

August 13, 2025

Medical marijauna, CBD/THC and pain management

August 20, 2025

Chiropratic Medicine, Trigger Point
Therapy & Acupuncture Updates

**August 27, 2025** 

Reflexology, Visceral Manipulation, and Red Light Laser Therapy

August 07, 2025

Guest Speaker: Dr. Kelsey Ball Mind-Body Practices:

Benefits of Yoga

**August 14, 2025** 

Guest Speaker: Ms. Juliette Williams

Therapeutic Gardening

**August 21, 2025** 

Guest Speaker: Dr. Erica McFarland

Animal and Pet Therapy

**August 28, 2025** 

Guest Speaker: Coach Phyllis

Benefits of Exercise

