



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/tZAodO-
srzoqEt1Fwp7Y1
5g7DJJ9Efg6dkH
w#/registration](https://us06web.zoom.us/join/zoom.us/meeting/register/tZAodO-srzoqEt1Fwp7Y15g7DJJ9Efg6dkHw#/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](https://us06web.zoom.us/join/zoom.us/meeting/register/tZ-Yvcemppj0tHdNI1yLicyk-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

The African American Health Program is funded and administered by the Montgomery County Department of Health and Human Services and implemented by McFarland & Associates, Inc. This material may be reproduced. 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 Dr. Ikenna Myers, Program Manager for the African American Health Program at 240-777-1701 or send a request to Ikenna.Myers@montgomerycountymd.gov. Taking these steps will help us have sufficient time to best meet your needs.



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

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**

Thursday Topics

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