



**African American
Health Program**

Chronic Disease Management (CDMP) Classes

May 2026



Nutrition Mondays - Anti-inflammatory Lifestyle

Mondays at 6:00 PM - 7:00 PM

The Nutrition Monday class teaches health principles to help individuals maintain a healthy lifestyle.

- 5/4: Breakfast Out: "Start Strong, Not Sugary"
- 5/11: Lunch Out: "The Midday Reset Plate"
- 5/18: Dinner Out: "Enjoy the Meal Without the Aftermath"
- 5/25: (NO CLASS) Memorial Day Holiday

Register/join: aahpmoco.org/numo



Complementary and Integrative Health

Thursdays at 1:00 PM - 2:00 PM

Complementary and Integrative Health explores various approaches intended to improve your health and compliment conventional medicine.

- 5/7: Warm Season Heritage Crops for Strength & Vitality with Chef/Farmer Erica, a.k.a. "Edesiagurl"
- 5/14: Simple Strategies to Build and Restore Bones with Wintana Kiros
- 5/21: Gut Health, Immunity, and Mental Health with Wintana Kiros
- 5/28: Mental Health During Menopause with Dr. Deborah Dallam

Register/join: aahpmoco.org/cih



Take Control of Your Health 1

Wednesdays at 6:00 PM - 7:00 PM

Take Control of Your Health 1 will feature Dr. Monica Scott discussing relevant health topics.

- 5/6: Mental Health Awareness and Access to Help
- 5/13: National Blood Pressure and Stroke Prevention/Awareness Month
- 5/20: Here Comes Stelo! (The CGM for Everyone)
- 5/27: Women's Health Week: Aging Activity, Better Sleep, Friendships and Quality of Life for Our Seniors

Register/join: aahpmoco.org/tcyh1



Take Control of Your Health 2

Thursdays at 6:00 PM - 7:00 PM

Take Control of Your Health 2 will feature Dr. Vivian Ayuk discussing the Diabetes Self-Management, Education and Support modules

- 5/7: Medication Therapy Management (MTM)
- 5/14: Chronic Kidney Disease Part 2
- 5/21: Self-Compassion
- 5/28: Bone Health

Register/join: aahpmoco.org/tcyh2

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.



TO JOIN/REGISTER, GO TO:

aahpmoco.org/cdmp

OR SCAN THE QR CODE >>



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

AAHP CDMP CLASSES & GROUPS

Enlarge flyer [here](#).