



Chronic Disease Management Program (CDMP) Classes

July 2026 Class Schedule



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.

- 7/6: Body Fat Composition and Inflammation
- 7/13: How to Move Without the Gym - NEAT vs EAT Movement
- 7/20: Fueling Strategy Before and After Workout
- 7/27: Implementation Workshop - Case Studies

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.

- 7/2: Early Summer Season Harvests with Chef/Farmer Erica
- 7/9: NEAT Movement with Wintana Kiros
- 7/16: NEAT Movement Demo with Wintana Kiros
- 7/23: Stretching for Pain Relief with Adhana McCarthy
- 7/30: Yoga, Tai Chi, & Qigong foundations with Julian Ellie

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

- 7/1: Hot Season, Cool Facts: A Summer Health Breakdown
- 7/8: TBA
- 7/15: BBQ Without the Burn: Safer Grilling for Better Health
- 7/22: Summer Eating That Doesn't Feel Like Sacrifice
- 7/29: Sun, Sleep, Stress & Sitting: How Summer Habits Impact Blood Glucose

Register/join: aahpmoco.org/tcyh1



Take Control of Your Health 2

Thursdays at 6:00 - 7:00 PM

Take Control of Your Health 2 will feature topics related to the June theme of "Your Personal Garden" presented by AAHP staff

- 7/2: Step into Summer Safely
- 7/9: Farm Fresh Summer Wellness
- 7/16: Beat Burnout Before It Starts: Your Body's Secret Stress Signals
- 7/23: The Myth of "Just Relax": Real Tools for a Calm Body & Quiet Mind
- 7/30: Farm Fresh Summer Wellness

Register/join: aahpmoco.org/tcyh2

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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.



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.