



Complementary & Integrative Health

Chronic Disease Management (CDMP) online class

THURSDAYS AT 1:00 PM - 2:00 PM ON ZOOM

JULY 2026 CLASSES

JULY
2

Early Summer Season Harvests

with Chef Farmer Erica

ALL CLASSES ARE FREE & ONLINE!

JULY
11

NEAT Movement

with Wintana Kiros

JULY
18

NEAT Movement Demo

with Wintana Kiros

JULY
25

Stretching for Pain Relief

with Adhana McCarthy

JULY
30

Yoga, Tai Chi, & Qigong Foundations

with Julian Ellie

TO REGISTER/JOIN, GO TO :

aahpmoco.org/cih

OR SCAN THE QR CODE



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

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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.



Register for classes here.

