



Complementary & Integrative Health

Chronic Disease Management (CDMP) online class

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

MAY SCHEDULE

MAY
4

**Warm Season Heritage
Crops for Strength & Vitality**
with Chef Farmer Erica a.k.a. "Edesiagurl"

MAY
14

**Simple Strategies to Build
and Restore Bones**
with Wintana Kiros

MAY
21

**Gut Health, Immunity, and
Mental Health**
with Wintana Kiros

MAY
28

**Mental Health During
Menopause**
with Dr. Deborah Dallam

**ALL CLASSES ARE
FREE & ONLINE!**

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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Register for classes here. Enlarge flyer here.