



CHRONIC DISEASE MANAGEMENT (CDMP) ONLINE CLASS

Take Control of Your Health

MAY SCHEDULE

TAKE CONTROL OF YOUR HEALTH 1 WEDNESDAYS AT 6 PM

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

To join Wednesday's class, go to:

aahpmoco.org/tcyh1

TAKE CONTROL OF YOUR HEALTH 2 THURSDAYS AT 6 PM

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

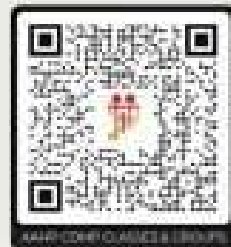
To join Thursday's class, go to:

aahpmoco.org/tcyh2

ALL CLASSES ARE FREE & ONLINE!

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

SCAN THE QR CODE FOR LINKS TO ALL CDMP CLASSES >>



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.

