

Complementary & Integrative Health

**DECEMBER THEME: WELLNESS
THE GIFT THAT KEEPS ON GIVING**

--December 2025 Topics--

December 4-- The Penny McPherson Story

**December 11-- Holiday Mental Health
with Candita Hinds and Wanda Smith**

**December 18-- Holiday Cook-Along
with Chef Julian Grudger**

**December 25-- No Session--
Merry Christmas!**

**Click Here or
Scan the QR Code to
Register**



**Every Thursday
at 1 pm on Zoom**

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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.

