



CHRONIC DISEASE MANAGEMENT PROGRAM

# Health and Fitness

March Theme: Eat Yourself Healthy

### FREE ONLINE SESSIONS

Mondays -Thursdays, 9:00 AM - 10:00 AM

#### Full Body Fitness

with Coach Phyllis Davis

Register/join: [aahpmoco.org/fbfitness](http://aahpmoco.org/fbfitness)

Wednesdays, 10:00 AM - 11:00 AM

#### Yoga

with Kelsey Ball

Register/join: [aahpmoco.org/yoga](http://aahpmoco.org/yoga)

Thursdays at 11:30 AM - 12:30 PM

#### Low-Impact Exercise/Tai Chi

with Julien Elie

Register/join: [aahpmoco.org/lowimpact](http://aahpmoco.org/lowimpact)

### FREE IN-PERSON SESSIONS

Saturday, March 7, 8:00 AM - 9:30 AM

Walk w/ a Doc

Sligo Creek Trail at Dale Neighborhood Park

125 Dale Drive in Silver Spring

Saturday, March 14, 9:00 AM -10:00 AM

Full Body Fitness

White Oak Recreation Center

1700 April Lane in Silver Spring

Saturday, March 21, 9:00 AM -10:30 AM

Martin Luther King Jr. Recreation Park

1120 Jackson Road in Silver Spring

Saturday, March 28, 9:00 AM -10:00 AM

Full Body Fitness

White Oak Recreation Center

1700 April Lane in Silver Spring

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



Please be advised that this schedule is subject to change and notifications will be sent in a timely manner, if needed.

For more information, call Stacy Gantz at [sgantz@mcfarlandassociate.com](mailto:sgantz@mcfarlandassociate.com) or (301) 233-9612.

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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](mailto:wanneh.dixon@montgomerycountymd.gov). Taking these steps will help us have sufficient time to best meet your needs.



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