## CHRONIC DISEASE MANAGEMENT & PREVENTION CLASSES



# June Theme: Rx for Good Summer Health







#### Nutrition Mondays Anti-Inflammatory Lifestyle Mondays at 6 pm

The Nutrition Monday class teaches health principles to help individuals maintain a healthy lifestyle.

#### June topics include:

- 6/2: Reset Your Gut: Personalized Plan for Better Digestion
- 6/9: What to Know Before You Go to the Grocery Store
- 6/16: Cart Goals: Shop Anti-Inflammatory Like a Pro
- 6/23: Kitchen Reset Part 1: Stock Up, Clean Up, Feel Good!
- 6/30: Kitchen Reset Part 2: Update Your Tools

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### HEALTH AND NUTRITION

Plant Based Foods

Thursdays at 1 pm
The Health and Nutrition class
promotes a plant-based diet to
support a healthy lifestyle.

#### June topics include:

- 6/5: Virtual Grocery Store Tour
- 6/12: Gylcemic Index
- 6/19: Food and Fitness
- 6/25: Power Foods for the Brain

#### TAKE CONTROL OF YOUR HEALTH I

Wednesdays at 6 pm

Take Control of Your Health I class explores health topics.

#### June topics include:

- 6/4: Liver Disease & Prevention
- 6/11: Hormone & Mental Health
- 6/18: Stroke Awareness Updates
- 6/25: Men's Health Hot Topics

## TAKE CONTROL OF

Thursdays at 6 pm

Take Control of Your Health II class explores health topics.

#### June topics include:

- 6/5: Insulin Resistance & Brain Health
- 6/12: Alzheimer's Disease as "Type 3 Diabetes"
- 6/19: Fatty Liver Disease Without Alcohol? Is it Common?
- 6/25: The Liver-Heart Connection: How Fatty Liver Increases Heart Risk

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# June Theme: **Rx for Good Summer Health**







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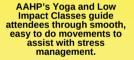
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Happy, Happy Fathers Day!

Sunday, June 15th

AAHP's Tai Chi Class quides attendees through mindful. practiced movements to assist with balance and coordination.



AAHP's Zumba Class quides attendees through dance workout and higher impact movements.



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**ZUMBA** 

Fridays at

11 ám

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June 7, 9:30 am Walk Winding Creek Local Park Matthew Henson Trail

WALK IN THE PARK & **Full Body Fitness** 

SATURDAVSI

June 14, 9:30 am **Full Body Fitness** White Oak Rec Center

June 21, 9:30 am Walk **Rock Creek Regional Park Needwood Trail** 

June 28, 9:30am **Full Body Fitness** White Oak Rec Center



First Day of Summer June 20, 2025



The African American Health Program 1401 Rockville Pike Suite 420 Rockville, MD 20852 African American (240) 777-1833 www.aahpmontgomerycounty.org



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