

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

[Click here or Scan the QR Code to Register](#)



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: Glycemic Index
- 6/19: Food and Fitness
- 6/25: Power Foods for the Brain

[Click here or Scan the QR Code to Register](#)



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

[Click here or Scan the QR Code to Register](#)



TAKE CONTROL OF YOUR HEALTH II 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

[Click here or Scan the QR Code to Register](#)



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

CHRONIC DISEASE MANAGEMENT & PREVENTION CLASSES



June Theme: Rx for Good Summer Health

HEALTH AND FITNESS SERIES



YOGA
Wednesdays
at 10 am

[Click here or scan the
QR code to register](#)



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



TAI CHI
Saturdays
at 9am

[Click here or scan the
QR code to register](#)



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

June 7, 9:30 am
Walk

Winding Creek Local Park
Matthew Henson Trail

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



**LOW IMPACT
EXERCISE**
Thursdays at
11:30 am

[Click here or scan the
QR code to register](#)



AAHP's Yoga and Low
Impact Classes guide
attendees through smooth,
easy to do movements to
assist with stress
management.



ZUMBA
Fridays at
11 am

[Click here or scan the
QR code to register](#)



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

Happy, Happy
Fathers Day!
Sunday, June 15th



**First Day of
Summer**
June 20, 2025

