

Nutrition Mondays

Chronic Disease Management (CDMP) online class

MONDAYS AT 6:00 PM - 7:00 PM ON ZOOM

MARCH THEME
"Eat Yourself Healthy"

MAR

2

Calculating your
Nutrition Budget, Part 1

MAR

9

Calculating your
Nutrition Budget, Part 2

MAR

16

Meal Planning Made
Simple - Step 1

MAR

24

Meal Planning Made
Simple - Next Steps

MAR

31

Using Food Labels to
Reach Your Health Goals

ALL CLASSES ARE FREE & ONLINE!

TO REGISTER/JOIN, GO TO :

aahpmoco.org/numo

OR SCAN THE QR CODE



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