

Complementary & Integrative Health

OCTOBER THEME: CANCER CALL TO ACTION

October 2025 Topics

October 2--Fall Gardening Prep

With Ms. Juliette Williams

October 9--Cancer

With Ms. Vicki Walton

October 16--Naturopath

With Dr. Nazirahk Amen

October 23-- Breathwork

With Ms. Adhana McCarthy

October 30--Functional Medicine

With Dr. Vanessa Allen



[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.

