

CHRONIC DISEASE MANAGEMENT & PREVENTION CLASSES

African American
Health Program

October Theme: Cancer Call to Action

All Classes are
Free and Online

Nutrition Mondays Anti-Inflammatory Lifestyle Mondays at 6 pm

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

Complementary & Integrative Health Thursdays at 1 pm

CIH Hour explores various approaches intended to improve your health and complement conventional medicine.

TAKE CONTROL OF YOUR HEALTH I Wednesdays at 6 pm

Take Control of Your Health I class explores health topics.

TAKE CONTROL OF YOUR HEALTH II Thursdays at 6 pm

Take Control of Your Health II class explores health topics.

October topics include:

10/6: What is an Anti-Inflammatory Lifestyle?	10/2: Fall Gardening Prep Ms. Juliette Williams	10/1: Surviving & Thriving: Breast Cancer	10/2: Diabetes & Food (Module 5)
10/13: No Session-- Indigenous People's Day	10/9: Cancer Conversation Ms. Vicki R. Walton	10/8: Cancer's Impact on Dental Health	10/9: Nutrition Label & Carb Counting (Module 6)
10/20: Envisioning a Healthier Lifestyle	10/16: Naturopathic Medicine Dr. Nazirahk Amen	10/15: Lymphedema Pt. 1	10/16: Creating Healthy Snacks (Module 7)
10/27: Food and Nutrition 101: Macros, Vitamins, Calories, Minerals	10/23: Breathwork Ms. Adhana McCarthy	10/22: Lymphedema Pt. 2	10/23: Eating Well When Eating Out (Module 8)
	10/30: Functional Medicine Dr. Vanessa Allen	10/29: Disparities in Cancer & Healthcare	10/30: Physical Activity (Module 9)

Click here or Scan the
QR Code to Register
for NuMon



Click here or Scan the
QR Code to Register
for CIH



Click here or Scan the
QR Code to Register
for TCYH I



Click here or Scan the
QR Code to Register
for TCYH 2



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

CHRONIC DISEASE MANAGEMENT & PREVENTION CLASSES

HEALTH AND FITNESS SERIES

All Classes are Free and Online

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

AAHP's Tai Chi Class guides attendees through mindful, practiced movements to assist with balance and coordination, and AAHP's Zumba class is a high-impact workout with energizing music.

WALK IN THE PARK & Full Body Fitness SATURDAYS!



YOGA
Wednesdays
at 10 am

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



TAI CHI
Saturdays
at 9am

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



WALK IN THE PARK & Full Body Fitness SATURDAYS!

October 4, 8am-9am
Sligo Creek Trail
Outdoor Walk w/ Girl Trek

October 11, 9:30 am
Full Body Fitness
White Oak Rec Center

October 18, 9:30 am
Fairland Recreational Park
Outdoor Walk

October 25, 9:30 am
Full Body Fitness
White Oak Rec Center



LOW IMPACT EXERCISE
Thursdays at 11:30 am

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



ZUMBA
Fridays at 11 am

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



harvest

