CHRONIC DISEASE MANAGEMENT & PREVENTION CLASSES



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 compliment 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:

10/0.	NATIO AND IN ARREST	10/2:	Fall Gardening Prep Ms. Juliette Williams	10/1:	Surviving & Thriving: Breast Cancer	10/2:	Diabetes & Food (Module 5)
	What is an Anti- Inflammatory Lifestyle?	10/9:	Cancer Conversation Ms. Vicki R. Walton	10/8:	Cancer's Impact on Dental Health	10/9:	Nutrition Label & Carb Counting (Module 6)
10/13:	No Session Indigenous People's Day	10/16:	Naturopathic Medicine Dr. Nazirahk Amen	10/15:	Lymphedema Pt. 1	10/16:	Creating Healthy Snacks (Module 7)
10/20:	Lifestyle	10/23:	Breathwork Ms. Adhana McCarthy	10/22:	Lymphedema Pt. 2	10/23:	Eating Well When Eating
10/27:	Food and Nutrition 101: Macros, Vitamins, Calories, Minerals	10/30:	Functional Medicine Dr. Vanessa Allen	10/29:	Disparities in Cancer & Healthcare	10/30:	Out (Module 8) Physical Activity (Module 9)
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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 1



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



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

CHRONIC DISEASE MANAGEMENT & PREVENTION CLASSES

HEALTH AND FITNESS SERIES

All Classes are Free and Online

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

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

WALK IN THE PARK & Full Body Fitness SATURDAYS!



YOGA

Wednesdays

at 10 am

Click here or scan the OR code to register





TAI CHI

Saturdays

at 9am

ZUMBA

Fridays at

11 am

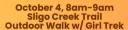
Click here or scan the OR code to register



Click here or scan the

OR code to register

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







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

















