

TAKE CONTROL OF YOUR HEALTH

Chronic Disease Management and Prevention Program



Come Register Today! Wednesday class

[https://us06web.
zoom.us/meeting
/register/tZAodO-
srzoqEt1Fwp7Y1
5g7DJJ9Efg6dkH
w#/registration](https://us06web.zoom.us/join/zoom.us/meeting/register/tZAodO-srzoqEt1Fwp7Y15g7DJJ9Efg6dkHw#/registration)



Come Register Today! Thursday class

[https://us06web.
zoom.us/meeting
/register/tZ
Yvcemppj0tHdNl
1yLicyk-
7kOgBtixDDyM](https://us06web.zoom.us/join/zoom.us/meeting/register/tZYvcemppj0tHdNl1yLicyk-7kOgBtixDDyM)



When: Every Wednesday
6:00-7:00 PM

Where: Virtual via Zoom

Who: Open to everyone
concerned about Chronic
Disease.

Wednesday Instructor: Dr. Monica Scott

Point of Contact: Autumn Williams

When: Every Thursday
6:00-7:00 PM

Where: Virtual via Zoom

Who: Open to everyone
concerned about Chronic
Disease.

Thursday Instructor: Dr. Vivian Ayuk

Point of Contact: Autumn Williams

FREE Health Education Classes To Help You Thrive!

presented by the African American Health Program (AAHP)

October Theme: Cancer Call to Action

Wednesday Topics

Thursday Topics

DSMES Series

October 01, 2025

Surviving & Thriving: Breast
Cancer

October 02, 2025

Module 5: Diabetes & Food

October 08, 2025

Cancer's Impact on Dental Health

October 09, 2025

Module 6: Nutrition Label & Carb
Counting

October 15, 2025

Lymphedema Part 1

October 16, 2025

Module 7: Creating Healthy Snacks

October 22, 2025

Lymphedema Part 2

October 23, 2025

Module 8: Eating Well When Eating Out

October 29, 2025

Disparities in Cancer & Healthcare

October 30, 2025

Module 9: Physical Activity

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