

Chronic Disease Management Program (CDMP) Classes

September 2026 Class Schedule - Lifestyle Medicine 101



Nutrition Mondays - Mondays at 6:00 PM - 7:00 PM

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

9/14: Calculate Your Daily Fuel Needs

9/21: The Nutrition Numbers That Matter

9/28: Real Life Nutrition Cases

Register/join: aahpmoco.org/numo



Complementary and Integrative Health - Thurs at 1:00 PM - 2:00 PM

Complementary and Integrative Health explores various approaches intended to improve your health. This month we will focus on immunity.

9/3: Nutrition & Lifestyle for Strong Immunity with *Wintana Kiros*

9/10: Current Research in High Blood Pressure and how Immunity Help to Lower Risks with *Autumn Williams*

9/17: Stress & the Immune Response with *Wintana Kiros*

9/24: Practical Immune Boosting Foods and Tools with *Robina Barlow*

Register/join: aahpmoco.org/cih



Take Control of Your Health 1 - Wednesdays at 6:00 PM - 7:00 PM

Take Control of Your Health 1 will feature Dr. Monica Scott discussing relevant health topics

9/2: Inflammation: What is it? What causes it? How to get rid or reduce it?

9/9: Ozempic and GLP-1 drug updates

9/16: Polyvagal Strategies for Safety, Trauma Response Management and Brain Health

9/23: Is Creatine Actually Necessary for Building/Maintaining Muscles and Overall Health as We Age?

9/30: Mythbusters: Juice or Not to Juice "What You Need to Know"

Register/join: aahpmoco.org/tcyh1



Take Control of Your Health 2 - Thursdays at 6:00 - 7:00 PM

Take Control of Your Health 2 will feature topics related to the August theme of "Prevention For Life" presented by AAHP staff

9/3: Strong for Life: Muscle, Metabolism & Mobility After 45 - *Mrs. Adhana McCarthy*

9/10: Know Your Numbers, Know Your Body: The Midlife Prevention Checkup - *Mrs. Adhana McCarthy*

9/17: Knowledge is Power: Know Your Risk to Heart Disease - *Dr. Lacreisha Ejike-King*

9/24: What is Dentistry? A discussion of the oral health spectrum - *Dr. Langston Smith*

Register/join: aahpmoco.org/tcyh2

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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.



TO JOIN/REGISTER, GO TO:

aahpmoco.org/cdmp

OR SCAN THE QR CODE >>

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



AAHP CDMP CLASSES & GROUPS