



Nutrition Mondays

Chronic Disease Management (CDMP) online class

MONDAYS AT 6:00 PM - 7:00 PM ON ZOOM

SEPTEMBER 2026 CLASSES

SEPT
14

Calculate Your Daily Fuel Needs

SEPT
21

The Nutrition Numbers That Matter

SEPT
28

Real Life Nutrition Cases

**ALL CLASSES ARE
FREE & ONLINE!**

TO REGISTER/JOIN, GO TO :

aahpmoco.org/numo

OR SCAN THE QR CODE



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

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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.

