



Complementary & Integrative Health

Chronic Disease Management (CDMP) online class

THURSDAYS AT 1:00 PM - 2:00 PM ON ZOOM

SEPTEMBER 2026 CLASSES

SEPT
3

Nutrition & Lifestyle for Strong Immunity

with Wintana Kiros

SEPT
10

Current Research in High Blood Pressure and how Immunity Helps to Lower Risks

with Autumn Williams

SEPT
17

Stress & the Immune Response

with Wintana Kiros

SEPT
24

Practical Immune Boosting Foods and Tools

with Robina Barlow

ALL CLASSES ARE FREE & ONLINE!

TO REGISTER/JOIN, GO TO :

aahpmoco.org/cih

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.

