

FREE Health Education Classes To Help You Thrive!

presented by the African American Health Program (AAHP)

June Theme

RX for Good *Summer* Health



Wednesday Topics

June 04, 2025

Liver Diseases & Prevention

June 11, 2025

Hormone & Mental Health
Issues

June 18, 2025

Stroke Awareness Updates

June 25, 2025

Men's Health Hot Topics

Thursday Topics:

June 05, 2025

Insulin Resistance & Brain
Health

June 12, 2025

Alzheimer's Disease as "Type 3
Diabetes"

June 19, 2025

Fatty Liver Disease without
Alcohol? Is it common?

June 26, 2025

The Liver-Heart Connection:
How Fatty Liver Increases
Heart Risk

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