

TAKE CONTROL OF YOUR HEALTH

Chronic Disease Management and Prevention Program



Come Register Today!

Wednesday class

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



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

Where: Virtual via Zoom

Who: Open to any county
resident concerned about
Chronic Disease.

Wednesday Instructor: Dr. Monica Scott

Point of Contact: Autumn Williams

Come Register Today!

Thursday class

[https://us06web.
zoom.us/join/
register/tZ
Yvcemppj0tHdNI
1yLicyk-
7kOgBtixDDyM](https://us06web.zoom.us/join/register/tZYvcemppj0tHdNI1yLicyk-7kOgBtixDDyM)



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

Where: Virtual via Zoom

Who: Open to any county
resident 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)

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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