



CHRONIC DISEASE MANAGEMENT (CDMP) ONLINE CLASS

Take Control of Your Health

JULY 2026 CLASSES

TAKE CONTROL OF YOUR HEALTH 1 WEDNESDAYS AT 6 PM

- JULY **1** Hot Season, Cool Facts:
A Summer Health Breakdown
with Gabriellia McNeil
- JULY **8** TBA
- JULY **15** BBQ Without the Burn: Safer
Grilling for Better Health
- JULY **22** Summer Eating That
Doesn't Feel Like Sacrifice
- JULY **29** Sun, Sleep, Stress & Sitting:
How Summer Habits Impact
Blood Glucose

To join Wednesday's class, go to:

aahpmoco.org/tcyh1

TAKE CONTROL OF YOUR HEALTH 2 THURSDAYS AT 6 PM

- JULY **2** Step into Summer Safely
with Dr. Felicia Armstrong
- JULY **9** Summer Balance: Managing
Diabetes Ms. Shameika Parks
and Dr. Kelly
- JULY **16** Beat Burnout Before It Starts:
Your Body's Secret Stress Signals
with Mrs. Adhana McCarthy
- JULY **23** The Myth of "Just Relax": Real Tools
for a Calm Body & Quiet Mind with
Mrs. Adhana McCarthy
- JULY **30** Farm Fresh Summer Wellness
with Chef/Farmer Erica

To join Thursday's class, go to:

aahpmoco.org/tcyh2

ALL CLASSES ARE FREE & ONLINE!

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

SCAN THE QR CODE FOR LINKS TO ALL CDMP CLASSES >>



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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.

