



CHRONIC DISEASE MANAGEMENT (CDMP) ONLINE CLASS

## Take Control of Your Health

MARCH THEME:  
"Eat Yourself Healthy"

### TAKE CONTROL OF YOUR HEALTH 1 WEDNESDAYS AT 6 PM

MAR **4** The Power of Protein

MAR **11** All Carbohydrates Aren't Bad! Know the Difference

MAR **18** Microbiome Magic

MAR **25** Food Label 101: Learning How Healthier Choices Can Improve Your Life

To join Wednesday's class, go to:  
[aahpmoco.org/tcyh1](https://aahpmoco.org/tcyh1)

### TAKE CONTROL OF YOUR HEALTH 2 THURSDAYS AT 6 PM

MAR **5** Introduction: Empowering People to Change

MAR **12** The Nutrition-Health Connection

MAR **19** Improving Health Through Exercise

MAR **26** Sleep Matters

To join Thursday's class, go to:  
[aahpmoco.org/tcyh2](https://aahpmoco.org/tcyh2)

**ALL CLASSES ARE FREE & ONLINE!**

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

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



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Register for TCYH 1 classes here. Register for TCYH 2 classes here.

Enlarge flyer here.