

Chronic Disease Management (CDMP) Classes

March 2026 Theme: "Eat Yourself Healthy"



Nutrition Mondays - Anti-inflammatory Lifestyle Mondays at 6:00 PM - 7:00 PM

The Nutrition Monday class teaches health principles to help individuals maintain a healthy lifestyle.

- 3/2: Calculating your Nutrition Budget, Part 1
- 3/9: Calculating your Nutrition Budget, Part 2
- 3/16: Meal Planning Made Simple – Step 1
- 3/23: Meal Planning Made Simple – Next Steps
- 3/31: Using Food Labels to Reach Your Health Goals

Register/join: aahpmoco.org/numo



Complementary and Integrative Health Thursdays at 1:00 PM - 2:00 PM

Complementary and Integrative Health explores various approaches intended to improve your health and compliment conventional medicine.

- 3/5: Spring Leafy Greens for Energy & Wellness with Chef/Farmer Erica
- 3/12: Understanding the Gut-Brain Axis with Wintana Kiros
- 3/19: Movement for Gut Health with Julien Ellie
- 3/26: Healthy Gut Friendly Cook-Along with Chef Julian Grudger

Register/join: aahpmoco.org/cih



Take Control of Your Health 1 Wednesdays at 6:00 PM - 7:00 PM

Take Control of Your Health 1 will feature Dr. Monica Scott discussing relevant health topics

- 3/4: The Power of Protein
- 3/11: All Carbohydrates Aren't Bad! Know the Difference
- 3/18: Microbiome Magic
- 3/25: Food Label 101: Learning How Healthier Choices Can Improve Your Life

Register/join: aahpmoco.org/tcyh1



Take Control of Your Health 2 Thursdays at 6:00 - 7:00 PM

Take Control of Your Health 2 will feature Dr. Vivian Ayuk discussing the Diabetes Self-Management, Education and Support modules

- 3/5: Introduction: Empowering People to Change
- 3/12: The Nutrition-Health Connection
- 3/19: Improving Health Through Exercise
- 3/26: Sleep Matters

Register/join: aahpmoco.org/tcyh2

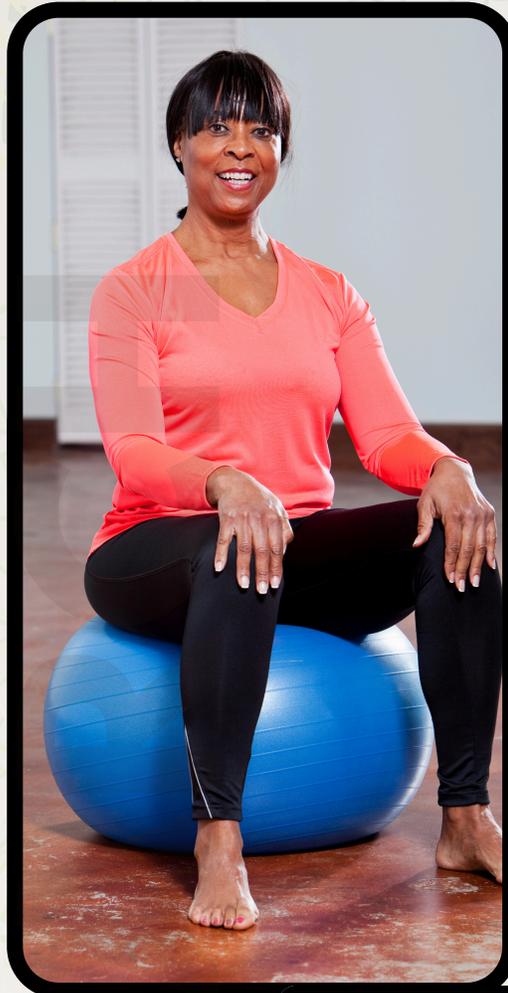
ALL CLASSES ARE FREE AND ONLINE!

Visit aahpmoco.org/cdmp for registration links.

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

Chronic Disease Management and Prevention Classes

MARCH 2026



FITNESS CLASSES

Full Body Fitness

Mondays - Thursdays at 9:00 AM - 10:00 AM

This class uses gentle, easy movements that are safe for joints while improving strength, balance, and flexibility. Suitable for all fitness levels, these exercises promote active living and better health without putting stress on the body.

Register/join: aahpmoco.org/fbfitness

Yoga

Wednesdays at 10:00 AM - 11:00AM

Yoga builds strength, flexibility, and balance through guided movement and breathing that reduces stress, boosts energy, helps prevent chronic disease and promotes overall wellness.

Register/join: aahpmoco.org/yoga

Low Impact Exercise

Thursdays at 11:30 AM - 12:30 PM

This class includes Tai Chi and low-impact exercises with slow, easy movements that improve your balance, flexibility, and strength. Good for all fitness levels, these gentle activities are easy on joints and help promote relaxation and overall health

Register/join: aahpmoco.org/lowimpact

ALL CLASSES ARE FREE AND ONLINE!

TO JOIN/REGISTER, GO TO:

aahpmoco.org/cdmp

OR SCAN THE QR CODE >>



AAHP CDMP CLASSES & GROUPS

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.

