

CHRONIC DISEASE MANAGEMENT & PREVENTION CLASSES



African American
Health Program

March Theme: Food Is Medicine

**FREE
&
online**



Nutrition Mondays Anti-Inflammatory Lifestyle Mondays at 6 pm

This class explores healthy eating to reduce and eliminate inflammation in the body.

March topics include:

- 3/3: **Protein: The Body's Natural Defense System**
- 3/10: **Protein for Optimal Health: How Much Do We Really Need?**
- 3/17: **Protein and Plant-Based Protein: Can they Fuel and Heal the Body?**
- 3/24: **Healthy Fats: Friend or Foe in Disease Prevention?**
- 3/31: **Cooking Oils for Health: Choosing the Best for Your Body**

[Click Here or Scan the QR Code to register!](#)



HEALTH AND NUTRITION Plant Based Foods Thursdays at 1 pm

Health and Nutrition class explores the plant-based diet and a cooking demonstration.

March topics include:

- 3/6: **Cancer Project: Introduction to How Foods Fight Cancer**
- 3/13: **Cancer Project: Fueling High-Fiber, Low Fat Foods**
- 3/20: **Foods and Breast & Prostate Cancer**
- 3/27: **Your Body in Balance: Thyroid**

[Click Here or Scan the QR Code to register!](#)



TAKE CONTROL OF YOUR HEALTH I Wednesdays at 6 pm

Take Control of Your Health I class explores health topics.

March topics include:

- 3/5: **Your Food As Medicine**
- 3/12: **Nutrition Updates for Better Health**
- 3/19: **Chronic Kidney Disease**
- 3/26: **Practicing Self-Care for Better Health**

[Click Here or Scan the QR Code to register!](#)



TAKE CONTROL OF YOUR HEALTH II Thursdays at 6 pm

Take Control of Your Health II class explores health topics.

March topics include:

- 3/6: **The Medicinal Properties of Everyday Foods**
- 3/13: **Food as Medicine: The Rise of Medically Tailored Meals**
- 3/20: **Why Participate in a Produce Rx Program**
- 3/27: **Food-Drug Interactions**

[Click Here or Scan the QR Code to register!](#)



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

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HEALTH AND FITNESS SERIES



YOGA

Wednesdays
at 10 am

[Click Here or scan the QR code to register!](#)



AAHP's Tai Chi Class guides attendees through mindful, practiced movements to assist with balance and coordination.



TAI CHI
Saturdays
at 9am

[Click Here or scan the QR code to register!](#)



**WALK IN THE PARK
& Full Body Fitness
SATURDAYS!**

**March 1st at 9:30am
Valley Mill Special Park
Walk**

**March 8th at 9:30am
White Oak Rec Center
Coach Phyllis**

**March 22nd at 9:30am
MLK Rec Park Trail
Wlak**

**March 29th at 9:30am
White Oak Rec Center
Coach Phyllis**



LOW IMPACT EXERCISE

Thursdays at
11:30 am

[Click Here or scan the QR code to register!](#)



AAHP's Yoga and Low Impact Classes guide attendees through smooth, easy to do movements to assist with stress management.



ZUMBA
Fridays at
11 am

[Click Here or scan the QR code to register!](#)



AAHP's Zumba Class guides attendees through dance workout and higher impact movements.



Your Pot of Gold!

