

CHRONIC DISEASE MANAGEMENT & PREVENTION CLASSES



African American
Health Program

March Theme: Food Is Medicine



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

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

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

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

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&
online

CHRONIC DISEASE MANAGEMENT & PREVENTION CLASSES

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HEALTH AND FITNESS SERIES



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YOGA
Wednesdays
at 10 am



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**LOW IMPACT
EXERCISE**
Thursdays at
11:30 am



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



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TAI CHI
Saturdays
at 9am

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



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ZUMBA
Fridays at
11 am

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

