

Chronic Disease Management (CDMP) Classes

February 2026: Healthy Habits Are Your Heart's Desire



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.

- 2/2: Keep or Reset Your Protein Plate!
- 2/9: Healthy Fats: Friend or Foe?
- 2/16: Presidents day (NO CLASS)
- 2/23: Cooking Oils for Health

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.

- 2/5: Nutrition for Blood Pressure with Wintana Kiros
- 2/12: Nutrition for Cholesterol with Wintana Kiros
- 2/19: Movement for a Strong Cardiovascular System with Philoy Williams
- 2/26: Cook Along—Heart Healthy Meals with Jillian Allen

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

- 2/4: Why Controlling Glucose is a Great Heart Health Strategy
- 2/11: Why Visceral Fat is Dangerous for Your Heart & Health
- 2/18: The Role of Inflammation in Heart Health
- 2/25: Your Health Trifecta! Hormones, Sleep & a Healthy Heart

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

- 2/5: Diabetes and Heart Disease
- 2/12: Medications for Blood Pressure Control
- 2/19: Stress and Metabolic Dysfunction
- 2/26: Diabetes and Kidney Disease

Register/join: aahpmoco.org/tcyh2

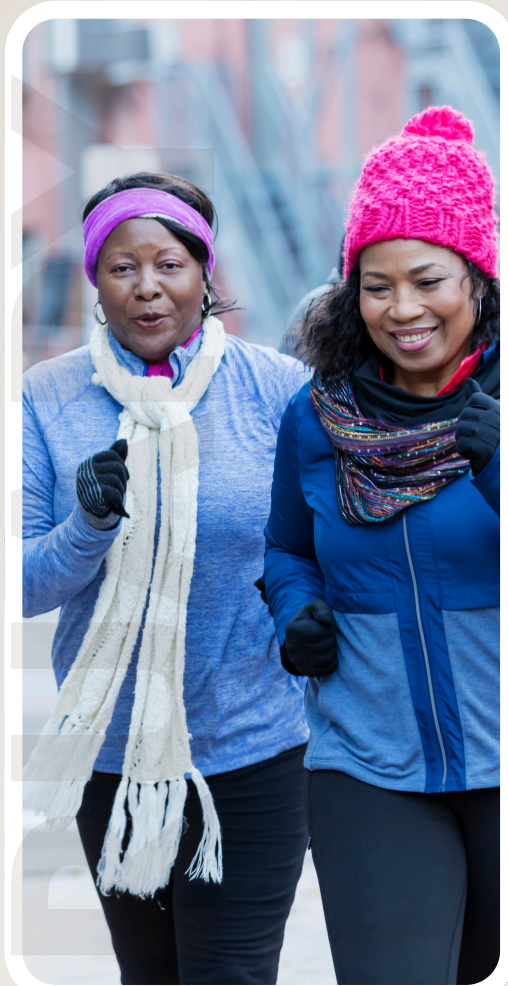
ALL CLASSES ARE FREE AND ONLINE!

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

FEBRUARY 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 – 11:00 AM

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 >>



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

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FOLLOW US!

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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.

