

CHRONIC DISEASE MANAGEMENT & PREVENTION CLASSES



All Classes are
Free and Online

November Theme: Diabetes Awareness

Nutrition Mondays Anti-Inflammatory Lifestyle Mondays at 6 pm

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

Complementary & Integrative Health Thursdays at 1 pm

CIH Hour explores various approaches intended to improve your health and complement conventional medicine.

TAKE CONTROL OF YOUR HEALTH I Wednesdays at 6 pm

Take Control of Your Health I class explores health topics.

TAKE CONTROL OF YOUR HEALTH II Thursdays at 6 pm

Take Control of Your Health II class explores health topics.

November topics include:

11/3: Nutrition 101: Macros, Vitamins, Minerals, Calories

11/10: Carbs and Inflammation

11/17: Fiber: Brushes & Brooms

11/24: --No session--
Happy Thanksgiving!

11/6: Mama's Kitchen

11/13: Mama's kitchen reset

11/20: Mama's kitchen reset 2

11/27: --No session--
Happy Thanksgiving!

11/5: Caregiver 911-
Champions of Health Tips &
Resources for Caregivers

11/12: Happy Feet & Foot Ulcers

11/19: Let's Talk Kidneys!
Kidney Disease Screening
and Awareness Program

11/26: Chronic Venous
Insufficiency

11/6: Benefits of Glucose Monitoring
(Module 10)

11/13: Glucose Trends and Self-Care
Behaviors (Module 11)

11/20: Diabetes Medications
(Module 12)

11/27: --No session--
Happy Thanksgiving!

[Click here or Scan the
QR Code to Register](#)



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

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HEALTH AND FITNESS SERIES

All Classes are Free and Online



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!

November 1, 8:00 am
Walk with the Doc x Girl Trek
Dale Neighborhood Park



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.

November 8, 9:30 am
Full Body Fitness
White Oak Rec Center

November 15, 9:30 am
Wheaton Rec Center
Indoor Walk

November 22, 9:30 am
Full Body Fitness
White Oak Rec Center

November 29
Fitness at Home



Gobble
TIL YOU
Wobble

