

CHRONIC DISEASE MANAGEMENT & PREVENTION CLASSES



All Classes are
Free and Online

September Theme: Healthy Aging: Getting Older, Getting Better

Nutrition Mondays Anti-Inflammatory Lifestyle Mondays at 6 pm

This class teaches health principles to help individuals maintain a healthy lifestyle.

Complementary & Integrative Health Thursdays at 1 pm

This class explores various approaches intended to improve your health and compliment 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.

September topics include:

Age Well Series

9/1: No Session--Labor Day

9/8: Aging Well: Game Plan & Wellness Goals Edition

9/15: From PMS to Low T: The Hormone Files

9/22: Your Plate vs. Your Age

9/29: Motion is the Potion

9/4: Farmer's Alliance with Mr. Jason Anthony

9/11: Wholistic Wellness with Dr. Sheena Crawford

9/18: Music Therapy with Ms. Jasmin Crossfield

9/25: Aging Gracefully with Ms. Ama Lee

9/3: Body Image: Reinventing Ourselves as We Age

9/12: Functional Loss With Age Is This Normal?

9/17: Exercise Routines and Goals for Seniors

9/24: Why We Sleep and How Health is Impacted

Diabetes Self-Management, Education & Support Curriculum (DSMES)

9/4: Diabetes 101 (part 1) Module 1

9/11: Diabetes 101 (part 2) Module 2

9/18: Healthy Coping Module 3

9/25: Problem Solving Module 4

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



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



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



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



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

CHRONIC DISEASE MANAGEMENT & PREVENTION CLASSES

HEALTH AND FITNESS SERIES, September, 2025

All Classes are Free and Online

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



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



YOGA
Wednesdays
at 10 am

AAHP's Tai Chi Class guides attendees through mindful, practiced movements to assist with balance and coordination, and AAHP's Zumba class is a high-impact workout with energizing music.



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



TAI CHI
Saturdays
at 9am

WALK IN THE PARK & Full Body Fitness SATURDAYS!



September 6, 9:30 am
Lake Artemisia Park Trail
Outdoor Walk

September 13, 9:30 am
Full Body Fitness
White Oak Rec Center

September 20, 9:30 am
Pilgrim Hills Local Park
Outdoor Walk

September 27, 9:30 am
Full Body Fitness
White Oak Rec Center



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



LOW IMPACT EXERCISE
Thursdays at
11:30 am



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



ZUMBA
Fridays at
11 am