



African American
Health Program

TAKE CONTROL OF YOUR HEALTH

Chronic Disease Management and Prevention Program



Come Register Today!

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Wednesday class

<https://us06web.zoom.us/join/zoom/register/tZAodO-srzoqEt1Fwp7Y15g7DJJ9Efg6dkHw#/registration>



When: Every Wednesday
6:00-7:00 PM

Where: Virtual via Zoom

Who: Open to any county resident
concerned about Chronic Disease.

Wednesday Instructor: Dr. Monica Scott
Contact Information:

Autumn Williams - awilliams@mcfarlandassociate.com

Thursday class

<https://us06web.zoom.us/join/zoom/register/tZYvcemppj0tHdNI1yLicyk-7kOgBtixDDyM>



When: Every Thursday
6:00-7:00 PM

Where: Virtual via Zoom

Who: Open to any county resident
concerned about Chronic Disease.

Thursday Instructor: Dr. Vivian Ayuk
Contact Information:

Autumn Williams - awilliams@mcfarlandassociate.com

The African American Health Program is funded and administered by the Montgomery County
Department of Health and Human Services, and implemented by McFarland & Associates Inc.

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FREE health education classes to help you thrive!

ONLINE!

presented by the African American Health Program (AAHP)

December Theme: Holiday Joy and Safety



Wednesday Topics:

December 04, 2024

Accident Prevention and
Safety

December 11, 2024

Holiday Blues- Depression

December 18, 2024

Mindfulness & Meditation
Mental Health

December 25, 2024

---- No Session ----

Thursday Topics:

December 05, 2024

Diabetes and Kidney
Disease

December 12, 2024

Sleep Hygiene

December 19, 2024

Traveling With
Medications

December 26, 2024

---- No Class ----

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