

TAKE CONTROL OF YOUR HEALTH

Chronic Disease Management and Prevention Program



Come Register Today!

Come Register Today!

Wednesday class

<https://us06web.zoom.us/meeting/register/tZAodOsrz0qEt1Fwp7Y15g7DJ9Efg6dkHw#/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/meeting/register/tZYvcemppj0tHdN11yLicyk-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

FREE health education classes to help you thrive!

presented by the African American Health Program (AAHP)

ONLINE!

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 ---

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.

This material may be reproduced.

