



African American Health Program

AAHP WHOLISTIC HEALTH PROGRAM

A FREE 8-SESSION PROGRAM TO IMPROVE YOUR HEALTH

Do you want to learn how to **REVERSE** your high blood pressure and diabetes?

Do you want **free supplies and training** to measure your weight, blood pressure, & blood sugar at home?

Do you want to improve your **nutrition and fitness** in 2022?

If so, register today!
Act fast, only 30 slots
available!

<https://bit.ly/3reHPLt>



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When:

In Feb. 2022, we will meet on Saturdays, from 1-2:30 PM.
In March-June 2022, we will meet on the 3rd Saturday of each month from 1-2:30 PM.

Where:

Online via zoom and in-person.

Who:

Targeted towards Black (African, African-American, and Caribbean) Montgomery County residents. Men are highly encouraged to sign up!

How to sign up: visit <https://bit.ly/3reHPLt>

For more information about this program contact:

Email: aahp@montgomerycountymd.gov
or call 240-777-1202

*AAHP offers FREE health services targeted to Montgomery County's Black (African, African-American, Caribbean) residents!
Learn more at: <https://aahpmontgomerycountymd.org>*