African American Health Program

Complementary & Integrative Health

Chronic Disease Management (CDMP) online class

THURSDAYS AT 1:00 PM - 2:00 PM ON ZOOM

NOVEMBER 2026 CLASSES

Healthy Aging & Longevity

NOV 5 — **Science of Aging Gracefully**
with Mrs. Wintana Kiros

NOV 12 — **Movement & Strength for Longevity**
with Ms. Ama Lee

NOV 19 — **Social Connections & Purpose**
with Ms. Candita Hinds

NOV 26 — **NO CLASS - Thanksgiving**

ALL CLASSES ARE FREE & ONLINE!

TO REGISTER/JOIN, GO TO :

aahpmoco.org/cih

OR SCAN THE QR CODE

AAHP CDMP CLASSES & GROUPS

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

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Meeting Accessibility Policy: Montgomery County will provide sign language interpreters and other auxiliary aids or services upon request--with as much advance notice as possible, preferably within at least three (3) business days before the event. Contact Ms. Wanneh Dixon, Program Manager for the African American Health Program at 240-777-1451 or send a request to wanneh.dixon@montgomerycountymd.gov. Taking these steps will help us have sufficient time to best meet your needs.

Montgomery County Maryland

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