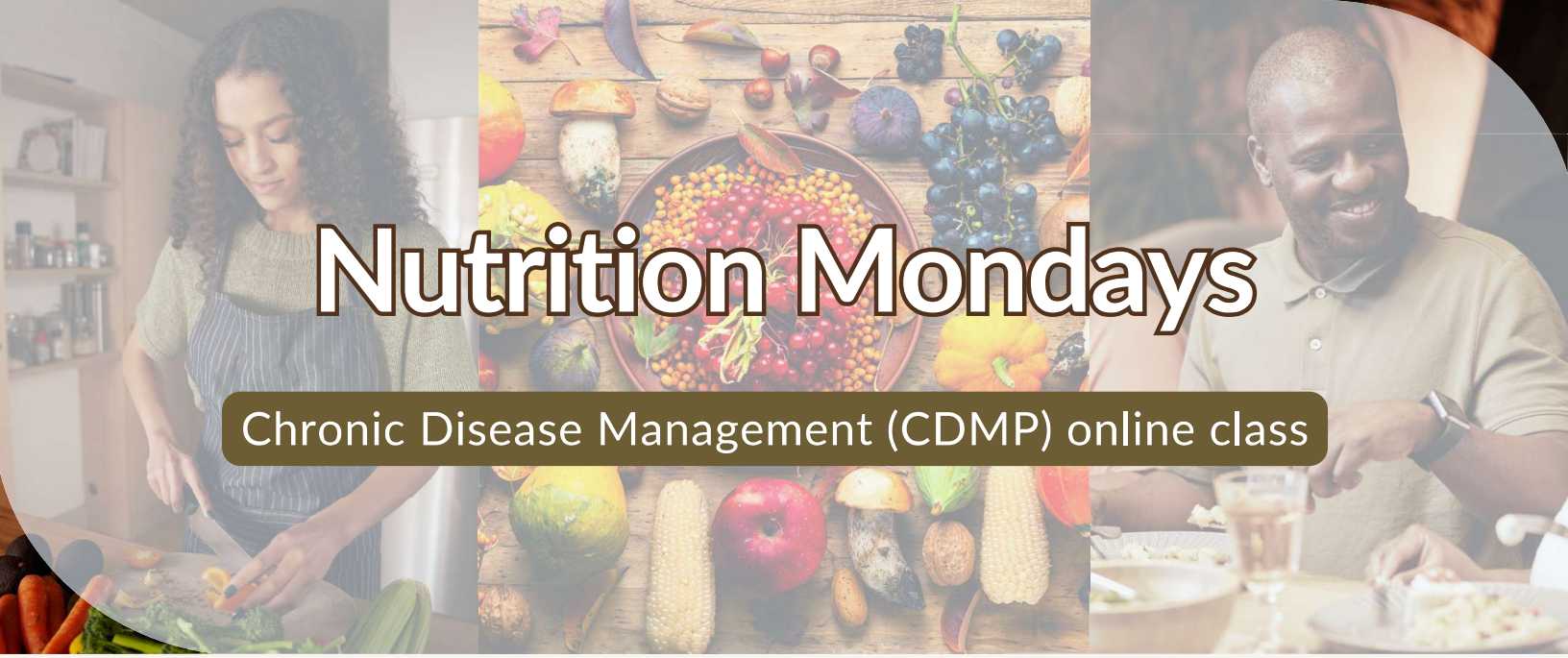


Nutrition Mondays

Chronic Disease Management (CDMP) online class

NOVEMBER 2026 CLASSES

NOV 2	**Protein Power: Building, Repairing & Protecting Your Body**
NOV 9	**The Protein Sweet Spot: Are You Getting Enough?**
NOV 16	**Plant-Powered Protein: Can Plants Build & Repair the Body?**
NOV 23	***Holiday No class***
NOV 30	***Holiday No class***

ALL CLASSES ARE FREE & ONLINE!

TO REGISTER/JOIN, GO TO :

aahpmoco.org/numo

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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