African American Health Program

Chronic Disease Management Program (CDMP) Classes

November 2026 Class Schedule
Theme: Diabetes Awareness: More Than Just Sugar



Nutrition Mondays - Mondays at 6:00 PM - 7:00 PM

11/2 Protein Power: Building, Repairing & Protecting Your Body
11/9 The Protein Sweet Spot: Are You Getting Enough?
11/16 Plant-Powered Protein: Can Plants Build & Repair the Body?
11/23 *Holiday No class*
11/30 *Holiday No class*

Register/join: aahpmoco.org/numo



Complementary and Integrative Health - Thurs at 1:00 PM - 2:00 PM

11/5 Science of Aging Gracefully with Mrs. Wintana Kiros
11/12 Movement & Strength for Longevity with Ms. Ama Lee
11/19 Social Connections & Purpose with Ms. Candita Hinds
11/26 No Class - Thanksgiving - Happy Turkey Day!

Register/join: aahpmoco.org/cih



Take Control of Your Health 1 - Wednesdays at 6:00 PM - 7:00 PM

11/4 Menopause and Wellness Community Health with Dr. Deborah Dallam
11/11 What is Sugar? Added vs. Hidden with Dr. Monica
11/18 Sugar Addiction - Free Your Mind with Dr. Monica
11/25 Protecting The Temple - Eyes, Kidney, Liver & Brain With Metabolic Biohacking with Dr. Monica

Register/join: aahpmoco.org/tcyh1



Take Control of Your Health 2 - Thursdays at 6:00 - 7:00 PM

11/5 Managing Dental Disease/Oral Cancer with Dr. Langston Smith
11/12 Chronic Kidney Disease Part 1 with the University of Maryland College Park KDSAP team
11/19 Get Energized! Say YES to Physical Activity with Dr. Lacreisha Ejike-King
11/26 No Class - Thanksgiving - Happy Turkey Day!

Register/join: aahpmoco.org/tcyh2

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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.

TO JOIN/REGISTER, GO TO:
aahpmoco.org/cdmp
OR SCAN THE QR CODE >>

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