African American Health Program

CHRONIC DISEASE MANAGEMENT (CDMP) ONLINE CLASS

Take Control of Your Health

NOVEMBER 2026 CLASSES

TAKE CONTROL OF YOUR HEALTH 1
WEDNESDAYS AT 6 PM

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

To join Wednesday's class, go to:

aahpmoco.org/tcyh1

TAKE CONTROL OF YOUR HEALTH 2
THURSDAYS AT 6 PM

- NOV **5** — Managing Dental Disease/Oral Cancer with Dr. Langston Smith
- NOV **12** — Chronic Kidney Disease Part 1 with the University of Maryland College Park KDSAP team
- NOV **19** — Get Energized! Say YES to Physical Activity with Dr. Lacreisha Ejike-King
- NOV **26** — NO CLASS - Thanksgiving

To join Thursday's class, go to:

aahpmoco.org/tcyh2

ALL CLASSES ARE FREE & ONLINE!

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

SCAN THE QR CODE FOR LINKS TO ALL CDMP CLASSES >>

AAHP CDMP CLASSES & GROUPS

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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 1776

McFarland & Associates, Inc.