



AAHP-CDMP SEPTEMBER 2022: DIABETES



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

04

05

06

01

HEALTH AND NUTRITION
1:00 PM-2:30 PM

KICK START YOUR HEALTH
6:00 PM-7:00 PM

02

ZUMBA
11:00 AM-12:00 PM

03

05

06

07

YOGA
10:00 AM-11:00 AM

KICK START YOUR HEALTH
DM: RESEARCH UPDATES & LIFESTYLE APPLICATIONS
6:00 PM-7:00 PM

08

LEISURE WORLD HYBRID EVENT
12:00 PM-3:00 PM

KICK START YOUR HEALTH
DIABETES BASICS
6:00-7:00 PM

09

ZUMBA
11:00 AM-12:00 PM

10

MT. JEZREEL COMMUNITY DAY
10:00 AM-2:00 PM

SHARPE STREET CHURCH PARADE & PICNIC
10:00 AM-5:00 PM

WALK AT NORTH FOUR CORNERS LOCAL PARK
315 UNIVERSITY BLVD.
SILVER SPRING
7:45 AM-10:00 AM

12

HEALTH AND NUTRITION SPECIAL EVENING
6:00 PM-7:15 PM

13

DIABETES PREVENTION PROGRAM
CALORIES COUNT
6:00 PM-7:00 PM

14

YOGA
10:00 AM-11:00 AM

KICK START YOUR HEALTH
DM: FOODS THAT HEAL
6:00 PM-7:00 PM

15

HEALTH AND NUTRITION
1:00 PM-2:30 PM

KICK START YOUR HEALTH
NUTRITION: CARB COUNTING
6:00 PM-7:00 PM

16

ZUMBA
11:00 AM-12:00 PM

17

19

20

21

YOGA
10:00 AM-11:00 AM

KICK START YOUR HEALTH
DM: SKIN CARE AND WOUND
6:00 PM -7:00 PM

22

HEALTH AND NUTRITION
1:00 PM- 2:30 PM

KICK START YOUR HEALTH
EXERCISING WITH DIABETES
6:00 PM-7:00 PM

23

ZUMBA
11:00 AM-12:00 PM

24

WALK AT PILGRIM HILL PARK
1615 E RANDOLPH RD,
SILVER SPRING
7:45 AM-10:00 AM

26

HEALTH AND NUTRITION SPECIAL EVENING
6:00 PM-7:15 PM

27

DIABETES PREVENTION PROGRAM
JERUSALEMA
6:00 PM-7:00 PM

28

YOGA
10:00 AM-11: 00 AM

KICK START YOUR HEALTH
DM: CVI & LYMPHEDEMA
6:00 PM-7:00 PM

29

HEALTH AND NUTRITION
1:00 AM-2:30 PM

KICK START YOUR HEALTH
NAVIGATING A MEDICAL APPOINTMENT
6:00 PM-7:00 PM

30

ZUMBA
11:00 AM-12:00 PM

01

CLASS	DAY/TIME	REGISTRATION LINK	FACULTY
HEALTH & NUTRITION: EVENING	SECOND & FOURTH MONDAYS 6:00-7:15 PM	https://us06web.zoom.us/meeting/register/tZUlfuurqzgvG9fUXzSkolePLoaGcvmaplg9	MRS. ROBINA BARLOW, FOOD FOR LIFE INSTRUCTOR
NATIONAL DIABETES PREVENTION PROGRAM (DPP)	TUESDAYS 6:00-7:00 PM	https://us02web.zoom.us/meeting/register/tZYocOGvqj4qEtcZ9ctRJCc-vrHImE5W_8ET	DR. NKOSI DAMBITA, MD, MPH, MS DR. DARLENE SAUNDERS, PHD, MPH, MCHES
HEALTH & FITNESS: MORNING YOGA	WEDNESDAYS 10:00-11:00 AM	https://us06web.zoom.us/meeting/register/tZwkfuyrqjlvHdKaPdQlhryAbeJZhftVlqLU	DR. KELSEY BALL
HEALTH & NUTRITION: AFTERNOON	THURSDAYS 1:00-2:30 PM	https://us06web.zoom.us/meeting/register/tZUodeisqT0jH9X0Nuzig-C1NO9dl42Gzz1-	MRS. ROBINA BARLOW, FOOD FOR LIFE INSTRUCTOR
KICK START YOUR HEALTH (KSYH): PART ONE	WEDNESDAYS 6:00-7:00 PM	https://us06web.zoom.us/j/84536411089	DR. MONICA J SCOTT, PT, DPT
KICK START YOUR HEALTH (KSYH): PART TWO	THURSDAYS 6:00-7:00 PM	https://us06web.zoom.us/meeting/register/tZYvcemppj0tHdNI1yLicyk-7kOgBtixDDyM	DR. VIVIAN AYUK, PHARM D, CDCES
HEALTH & FITNESS: MORNING ZUMBA	FRIDAYS 11:00 AM-12:00 PM	https://us06web.zoom.us/meeting/register/tZ0vceuvqzMjHNETGXcPDTd8seKgg8RI-Rxe	MS. JUSTINEA ALLEN
WALK IN THE PARK: MORNINGS	SATURDAYS	CALL (301) 233-9612	MS. STACY GANTZ, MPH, PTA