

# AAHP-CDMP MAY 2023: HEALTH EMPOWERMENT

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

01

02

**YOGA** 03

10:00 AM-11:00 AM

**TAKE CONTROL OF YOUR HEALTH**

WHY WE SLEEP  
6:00 PM-7:00 PM

**HEALTH AND NUTRITION** 04

1:00 PM-2:30 PM

**CDMP NURSE CLINICAL HOURS**

12:00 PM-3:00 PM

**TAKE CONTROL OF YOUR HEALTH**

ALL TYPES OF DIABETES  
6:00 PM-7:00 PM

**ZUMBA** 05

11:00 AM-12:00 PM

06

**MS. PHYLLIS FULL BODY WORKOUT**  
WHITE OAK RECREATION CENTER  
1700 APRIL LANE  
SILVER SPRING  
9:00 AM-10:30 AM

08

**HEALTH AND NUTRITION**  
6:00 PM-7:00 PM

09

**CDMP NURSE CLINICAL HOURS**

12:00 PM-3:00 PM

**DIABETES PREVENTION PROGRAM**

INTRODUCTION TO HALT  
6:00 PM-7:00 PM

**YOGA** 10

10:00 AM-11:00 AM

**TAKE CONTROL OF YOUR HEALTH**

PTSD: MENTAL HEALTH  
6:00 PM-7:00 PM

**HEALTH AND NUTRITION** 11

1:00 PM-2:30 PM

**CDMP NURSE CLINICAL HOURS**

12:00 PM-3:00 PM

**TAKE CONTROL OF YOUR HEALTH**

NEW DIABETES THERAPIES  
6:00 PM-7:00 PM

**ZUMBA** 12

11:00 AM-12:00 PM

13

15

16

**CDMP NURSE CLINICAL HOURS**

12:00 PM-3:00 PM

**YOGA** 17

10:00 AM-11:00 AM

**TAKE CONTROL OF YOUR HEALTH**

INCONTINENT BOWEL & BLADDER  
6:00 PM-7:00 PM

**HEALTH AND NUTRITION** 18

1:00 PM-2:30 PM

**CDMP NURSE CLINICAL HOURS**

12:00 PM-3:00 PM

**TAKE CONTROL OF YOUR HEALTH**

INTERPRETING LAB VALUES  
6:00 PM-7:00 PM

**ZUMBA** 19

11:00 AM-12:00 PM

20

**AAHP COMMUNITY DAY**  
MONTGOMERY COLLEGE BIOSCIENCE  
CENTER  
20200 OBSERVATION DR, #4067  
GERMANTOWN  
9:00 AM-2:00 PM

22

**HEALTH AND NUTRITION**  
6:00 PM-7:00 PM

23

**CDMP NURSE CLINICAL HOURS**

12:00 PM-3:00 PM

**DIABETES PREVENTION PROGRAM**

INTRODUCTION TO DPP  
6:00 PM-7:00 PM

**YOGA** 24

10:00 AM-11:00 AM

**TAKE CONTROL OF YOUR HEALTH**

MENTAL HEALTH  
6:00 PM-7:00 PM

**HEALTH AND NUTRITION** 25

1:00 PM-2:30 PM

**CDMP NURSE CLINICAL HOURS**

12:00 PM-3:00 PM

**TAKE CONTROL OF YOUR HEALTH**

NAVIGATING YOUR MED APPOINTMENT  
6:00 PM-7:00 PM

**ZUMBA** 26

11:00 AM-12:00 PM

27

29

30

**CDMP NURSE CLINICAL HOURS**

12:00 PM-3:00 PM

**DIABETES PREVENTION PROGRAM**

MODULE 1 OF DPP  
6:00 PM-7:00 PM

**YOGA** 31

10:00 AM-11:00 AM

**TAKE CONTROL OF YOUR HEALTH**

SARCOIDOSIS  
6:00 PM-7:00 PM



