



MARCH 11 & 25, 2017

FREE DIABETES CLASSES

Class every other Saturday in March

Time: 11:00 am – 2:00 pm

The African American Health Program (AAHP) will offer classes designed to help Black residents of Montgomery County learn how to prevent and/or manage diabetes and delay its complications through good care, nutrition and healthy lifestyle.

AAHP is funded by Montgomery County Department of Health and Human Services and implemented by McFarland & Associates Inc.

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 with at least (3) business days prior to the event. Contact Ms. Arlee Wallace, Program Manager for the African American Health Program at 240 777-1451 or send request to arlee.wallace@montgomerycountymd.gov


African American
Health Program



Join us

Be informed

**Take control
of Diabetes**

**Free Diabetes
Education Classes
at**

**White Oak
Recreation
Center**

1700 April Lane

**Silver Spring, MD
20904**

**AFRICAN AMERICAN
HEALTH PROGRAM**

14015 Hew Hampshire
Avenue
Silver Spring, MD 20904

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