



2025 AAHP COMMUNITY DAY

***TAKE CONTROL OF YOUR HEALTH AND
WELLNESS***

Join us for an vibrant, informative and action pack day full of tools, resources and support you need to live a healthy life. We have a great line up of speakers, workshops, fitness and wellness classes, exhibitors and children activities.

PRIORITIZE YOU & BE EMPOWERED

May 31, 2025

9:00 AM – 3:00 PM

Montgomery College Germantown Campus,
BioScience Education Center



SAVE THE DATE

**MARK YOUR
CALENDAR**