



**AAHP Community Day
10th Anniversary Celebration
Saturday, April 6, 2024**

Montgomery College, BioScience Education Center, Germantown Campus

Event Schedule

Walk/run/bike	8:00 a.m. – 9:00 a.m.	Outside – Campus
Onsite Registration/ Check-in	8:00 a.m. – 10:00 a.m.	Lobby
Opening Remarks	9:30 a.m. – 10:30 a.m.	Main Room
Exhibits Open Stretch & Low Impact Exercise Screenings	10:30 a.m. – 11:00 a.m.	Main Room Hall B – Screenings
Workshop – Sodexo AALF (Career guidance on resume writing, LinkedIn, and interviewing techniques)	10:15 a.m. – 10:45 a.m.	Room 158
Panel Discussion: – Black Maternal Health	11:00 a.m. – 12:00 p.m.	Room 160
DJ One LUV Music/ Entertainment, Line Dancing Fitness Fun	12:05 p.m. – 1:45 p.m.	Main Room



Alpha Kappa Alpha Sorority, Incorporated®
Xi Sigma Omega Chapter

A Sodexo Employee
Business Resource Group





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Screenings (Blood pressure, cholesterol, glucose, A1C, weight management, others)	12:05 p.m. - 1:45 p.m.	Hall B
Workshop - WorkSource Montgomery (Career services for unemployed and underemployed job seekers)	12:05 p.m. - 12:35 p.m.	Room 158
Tai-Chi with Julien	12:30 p.m. - 1:00 p.m.	Lobby
Total Body Fitness with Coach Phyllis	12:30 p.m. - 1:00 p.m.	Main Room
Recognition Ceremony	1:45 p.m. - 2:00 p.m.	Main Room

CPR Demo - 2nd Floor (10:30 a.m. - 1:45 p.m.)
 Sign-up for STRETCHLAB (MAIN Room) (15 min demos)
 Voter Registration @ AKA, Xi Sigma Omega Chapter table (MAIN Room)
 Hearing Test (Community Audiology Services, LLC) - Room 163
 Cardiovascular Screening (Heart and Vein Doctor) - Room 162
 FRESH VEGETABLES provided by Manna Foods in parking lot (9:30 a.m. - until run out)

Ask about activities for the Youth attendees

Fun Activities - Throughout the Day
 Scavenger Hunt
 Quilt Design
 Door Prizes

Thank you for your attendance and participation!



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Theta Omega Omega Chapter

