

JOIN WHAM

WHOLE HEALTH ACTION MANAGEMENT



WHAM is a peer-led support group for individuals navigating health challenges such as HIV, mental health issues, and substance use disorders. Our program offers a supportive community and a safe space to explore positive health changes.

Over 13 interactive sessions, you'll connect with professionals like our registered nurses, nutritionists, and mental health specialists, who will help you uncover your strengths and work toward whole health and self-care goals.

Take the first step toward a healthier, more empowered you—join us today!

When: Every Friday

Time: 10:00 a.m. - 12:00 p.m.

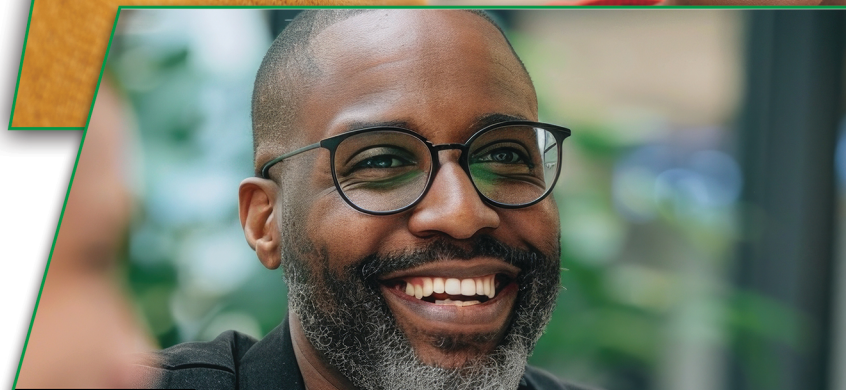
Location: Saratoga Health Center
1501 W. Saratoga St.
Baltimore, MD 21223

Contact us for more information:

Angie Fleming
(443) 454 - 5340
afleming@totalhealthcare.org

Danielle Harris-Johnson
(410) 925 - 5740
dharris-johnson@totalhealthcare.org

SCAN QR CODE BELOW



WWW.TOTALHEALTHCARE.ORG

TOTAL HEALTH CARE, INCORPORATED (THC) IS A FEDERALLY QUALIFIED HEALTH CENTER. THC IS A HEALTH CENTER PROGRAM GRANTEE UNDER 42 U.S.C. 254B, AND DEEMED A PUBLIC SERVICE EMPLOYER UNDER 42 U.S.C. 233 (H). TOTAL HEALTH CARE IS A FTCA DEEMED FACILITY.