



DINE, LEARN & MOVE 2020

**FREE
BLOOD PRESSURE
SCREENINGS**

Suitland Community Center | 5600 Regency Lane, Forestville, 20747 | 301-736-3518





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GET ACTIVE, SPEND TIME WITH OTHERS, AND LEARN SIMPLE EVERYDAY TIPS FOR MAKING HEALTHY MEAL CHOICES WITH DINE, LEARN & MOVE. Dine, Learn & Move is FREE and presented to you in partnership with Prince George's County Health Department and Suburban Hospital. No registration is required and all ages are welcome. Children under 13 must be accompanied by a parent or guardian.

SMART STARTS



WEDNESDAY, JANUARY 22, 6-8 PM

2020 is here! Come learn about the importance of physical activity and making smart food choices to start the new year off right!

HAPPY HEART

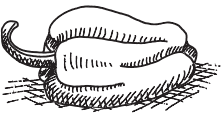
WEDNESDAY, FEBRUARY 26, 6-8 PM

Join us in celebrating National Heart Health Month. Improve your lifestyle with heart healthy tips and learn how heart health affects the entire body.

EAT SMART, LIVE ACTIVE

WEDNESDAY, MARCH 25, 6-8 PM

March is National Nutrition Month! Let's discuss how to make healthier food choices that support an active body and mind. Learn the basics of good nutrition to support the exercise program of your choice.



Our staff has access to an interpretation service and can help in over 150 languages. Please ask for assistance when you call or visit us.

The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities. Register at least a minimum of two weeks in advance of the program start date to request and receive a disability accommodation.



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For program questions, please call 301-446-6800;
TTY 301-699-2544, or email wellness@pgparks.com.