

DINE & LEARN



COOKING CLASSES

ABOUT DINE & LEARN

Eating well and being physically active play an important role in reducing your risk for developing a chronic disease. Take charge of your health by participating in this FREE program!

All classes held at the **Suitland Community Center**.
5600 Regency Lane, Forestville, MD 20747

2018 PROGRAM SCHEDULE | WEDNESDAYS 6:00 PM-8:00 PM

JANUARY 24: READY, SET, GOAL!

Pledge a healthy beginning in the New Year by learning how to set SMART goals to ensure you start off 2018 with your health in mind.

FEBRUARY 28: HEART HEALTH FOR YOUR SWEETHEART

Come celebrate National Heart Health month with your sweetheart and pick up some easy tips for preventing and coping with heart disease and other chronic ailments for you and the ones you love.

MARCH 28: EAT WELL, LIVE WELL

Celebrate National Nutrition Month with us by exploring how to make healthier food choices. In this session you will learn about portion control, reading food labels, and more.

APRIL 25: SNACK SMARTER

Everyone has cravings and the occasional snack attack, come learn about making healthier snack choices. We will also discuss what to eat before and after workouts to leave you feeling energized and ready to live a healthier life.

MAY 23: EAT SMART, MOVE SMART

In honor of National High Blood Pressure Awareness day, join us to learn about ways to prevent and manage high blood pressure. We will explore ways to avoid excessive sodium intake by choosing healthier options, such as the DASH diet, and exercise.

JUNE 27: FARMER'S MARKETS 101

To celebrate National Fruit and Vegetable month, we will explore ways to shop smarter at your local farmer's market without breaking the bank.

JULY 25: SMART FOODS & SAFE MOVES

Healthy eating and physical activity go hand in hand. Once you learn the basics, you'll find that eating healthy and staying active isn't hard at all. This month we will learn how to eat better and move more while reducing safety risks.

AUGUST 22: EAT TO LIVE

Eating a healthy diet keeps you physically and mentally fit. Learn how it prevents weight gain, lowers your risk for diet-related illnesses, such as heart disease, diabetes, cancer and depression, and gives you more energy and boosts your memory.

SEPTEMBER 26: HEALTHY FOOD HABITS

When it comes to eating, we have strong habits. Learn how to create and maintain healthy eating for a lifetime.

OCTOBER 24: COUPON COOKING

Eating healthy can be a challenge and eating healthy on a budget can seem next to impossible. Learn how to feed your family and stretch your budget with these inexpensive recipes.

NOVEMBER 14: HOLIDAY RECIPE MAKEOVER

Learn how you can put both healthy and delicious twist on your favorite holiday recipes without compromising taste or flavor.

FOR MORE INFORMATION

PHONE: (301) 856-9643

WEBSITE: health.mypgc.us/diabetes

