



Wednesday, January 22, 6-7:30 pm New Year, New Nutrition: Building a Healthy Diet Plan

Start the new year with a fresh approach to healthy eating! Join us for an engaging session designed to help you create a sustainable diet plan. We will begin this session with physical activity, followed by a nutrition education segment. The session will conclude with a live cooking demonstration showcasing easy and nutritious recipes to kickstart your healthy lifestyle.

Wednesday, February 26, 6-7:30 pm February is for Sweethearts

Celebrate National Heart Month with us as we explore the connection between sugar intake and heart health. This session will start off with a physical activity segment that is sure to get your heart pumping. Then, learn practical tips on how to reduce your sugar consumption and truly show your heart some love from a registered dietician. The session will close out with a live cooking demonstration using recipes that will support your heart health.

Join us each month for 90 minutes of virtual fun where participants will be able to get active, learn simple everyday tips for making healthy choices, and engage with a chef while watching a cooking demonstration.

Dine, Learn & Move is FREE and presented to you in partnership with Prince George's County Health Department, Suburban Hospital, University of Maryland Capital Region Health, and M-NCPPC, Department of Parks and Recreation, Prince George's County

For more information, visit pgparks.com/activities-events/health-wellness-programs or contact us at wellness@pgparks.com.

Registration required.

To register to attend this program, please send an email to wellnessInfo@co.pg.md.us.

All ages are welcome.

Connect with us!



- ▶ The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities. Register a minimum of two weeks prior to the program start date to request and receive a disability modification.
- ▶ Customers who are deaf, hard of hearing, or have a speech disability, call Maryland Relay 7-1-1.
- ▶ Language interpretation is available at all facility front desks. Please ask for assistance.