



Wednesday, September 27, 6-7:30 pm **My Healthy Metabolism**

Eating better and moving more are always a great way to stay healthy. But if you are still holding on to extra pounds, we have some tips for you! Join us this month for a weight training segment, nutrition tips to kick-start your metabolism, and a live cooking demonstration that showcase recipes to support weight loss. All exercises will include modifications for those who wish to participate seated.

Wednesday, October 25, 6-7:30 pm **Eating Healthy on a Budget**

As food costs continue to increase, staying on track with healthy eating goals can seem impossible. This month we will discuss ways to eat healthily without breaking the bank. Join us as we provide helpful tips and strategies you can use while shopping and cooking to support a budget-friendly and healthy lifestyle. The session will start with physical activity and end with a live cooking demonstration.

Wednesday, November 15, 6-7:30 pm **Healthy Hacks for the Holidays**

The holidays are filled with seasonal foods, extra trimmings, sweets, events, and everything in between. It can be easy to lose track of your food portions and skip physical activity altogether. Join us in learning simple holiday hacks to achieve and maintain healthy habits throughout the season. We will kick off this month's session with a group physical activity and end with a live cooking demonstration!

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.

A link to the virtual session will be sent 24 hours prior to the event start time.

All ages are welcome.



For more information, please email Customer Service at customerservice@pgparks.com or call 301-699-2255; Maryland Relay 7-1-1 for customers who are deaf, hard of hearing, or have a speech disability.

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.