



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](https://pgparks.com/activities-events/health-wellness-programs)  
or contact us at [wellness@pgparks.com](mailto:wellness@pgparks.com).

**Registration required.**

**To register to attend this program, please send an email to [wellnessinfo@co.pg.md.us](mailto: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.**

**Wednesday, January 24, 6-7:30 pm**

**Be Smart, Time to Jump Start!**

Jump start your New Year and energy level each day by eating breakfast! Learn the benefits of breaking the fast with nutritious food choices. We'll kick off this session with an energizing physical activity, followed by a nutrition education segment, and finish with a healthy cooking demonstration led by a chef who will prepare healthy breakfast recipes you can try at home.

**Wednesday, February 28, 6-7:30 pm**

**Heart Health in the Month of Love**

Join us in celebrating National Heart Health Month! February is the month of love, and while we focus on our loved ones, it is important that we also focus on ways to prevent and manage heart disease so we can spend more time with those special people in our lives. We will kick off class with a heart pumping workout, hear from our guest speaker who will share heart healthy lifestyle tips, and finish with a cooking demonstration using foods that contain Omega-3 fatty acids, foods proven to improve your heart health.

**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.