



UM CAPITAL
REGION HEALTH



Wednesday, March 26, 6-7:30 pm

GMO, Natural, Cage-Free! Oh My! Clarifying Common Food Label Terms

To celebrate March as National Nutrition Month, we'll have an enlightening session focused on common food label terms. What does "GMO," "Natural," "Cage-Free," "Free Range," etc. actually mean and how do they affect your health? Whether you're aiming to eat healthier or simply become a more conscious consumer, this session will equip you with the skills to confidently navigate your local grocery store and know what's what on the label. As always, the session will begin with a group fitness session and end with a live cooking demonstration!

Wednesday, April 23, 6-7:30 pm

Don't Be Fooled - Know Your Cancer Risks!

Although April Fools' Day has come and gone, we don't want you to be fooled about your risk for cancer. Prevention is no joke! April is National Cancer Control Month and our guest speaker from The Johns Hopkins' Sidney Kimmel Comprehensive Cancer Center will share how to reduce your risk of cancer. First, we'll start our session off with a group fitness session led by a certified instructor, then we'll dive into a discussion on some of the most common risk factors for different types of cancers, cancer screenings, and what healthy choices you can make to lower your risk! We'll end the session with a live cooking demonstration.

Wednesday, May 28, 6-7:30 pm

Stroke Smart or Act FAST

Join us in May and get "Stroke Smart." Learn how to recognize the warning signs and symptoms of a stroke so you can act FAST and learn how to reduce your risk of having a stroke. Get moving with a fun workout and discover delicious, heart healthy recipes during our 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.

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.