

My Prince George's County: Health

Free Dine and Learn Class to Promote Healthy Eating

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Prince George's County Health Department supports public health efforts to reduce chronic diseases and promotes healthier lifestyles, by improving health education, outreach and access to quality health care systems in Prince George's County. PGCHD works in partnership with the NIH Heart Center at Suburban Hospital, to provide self-care information in conjunction with chronic disease prevention/management services to targeted communities while enhancing efforts of Maryland National Capital Park and Planning Commission (MNCPPC) to implement organizational practice change in certain facilities around the promotion of healthy eating and active living. The goal of the Dine and Learn Program is to reduce the incidence and prevalence of cardiovascular disease and CVD-related conditions, such as obesity, among Prince George's County residents.

Dine and Learn is a free health education program for residents of Suitland, and surrounding areas of Prince George's County. Please see below for upcoming classes at the **Suitland Community Center at 5600 Regency Lane from 6:00pm-8:00pm.**

- **February 24 - Creamy & Dreamy**
 - Get the inside scoop on the benefits of healthy oils.
- **March 23* - National Nutrition Month: Savor the Flavor**
 - Spring is around the corner. Freshen up your regular meals and enjoy healthy meals that will have you savoring the springtime flavor.
 - *Come early and learn your Health Numbers: Total Cholesterol, Blood Pressure, BMI and Waist Circumference will be screened free of charge.
- **April 27 - Boosting Your Brainpower**
 - Improve your memory with foods that nourish your mind and body
- **May 25 - Rockin' the Spice Rack**
 - Reduce your risk of Stroke using flavorful spices and fresh herbs.
- **June 22 - Farm to Table Fresh: Eating from the Ground up**
 - Learn about selection and preparation of nature's finest ingredients.

The purpose of this program is to promote healthy lifestyles through nutrition, physical activity and health education. In partnership, the program consists of four components: a nutrition segment, a physical fitness segment, blood pressure and cholesterol screenings, and healthy meal preparation.

For more information about Dine and Learn please call the Health and Wellness Division at 301-883-3545 or visit [Healthy Eating](#).