



DINE, LEARN & MOVE

@Kentland Community Center

Kentland Community Center | 2413 Pinebrook Ave., Landover 20785 | 301-386-2278

GET ACTIVE, SPEND TIME WITH OTHERS, AND LEARN SIMPLE, EVERYDAY TIPS FOR MAKING HEALTHY MEAL CHOICES WITH DINE, LEARN & MOVE.

Dine, Learn & Move is **FREE** and presented to you in partnership with UM Capital Region Health and Prince George’s County Health Department. No registration is required and all ages are welcome. Children under 13 must be accompanied by a parent or guardian.

LOW PRESSURE; HIGH FITNESS

Wednesday, May 15, 6-8 pm

May is National Physical Fitness & Sports Month! It’s also National Blood Pressure Awareness month. So let’s bring the two together and explore how we can make smart fitness and food choices to keep our blood pressure low and our spirits high with physical activity.

FOOD FOR THOUGHT

Wednesday, June 19, 6-8 pm

Join us in celebration of Brain Health Awareness Month as we explore the many benefits physical activity and a colorful diet have on brain health! Learn more about the connections between the mind, body, and diet and how our needs change as we age.



For program questions, please call 301-446-6800, TTY 301-699-2544, or e-mail Saxon.Henderson@pgparks.com. 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.