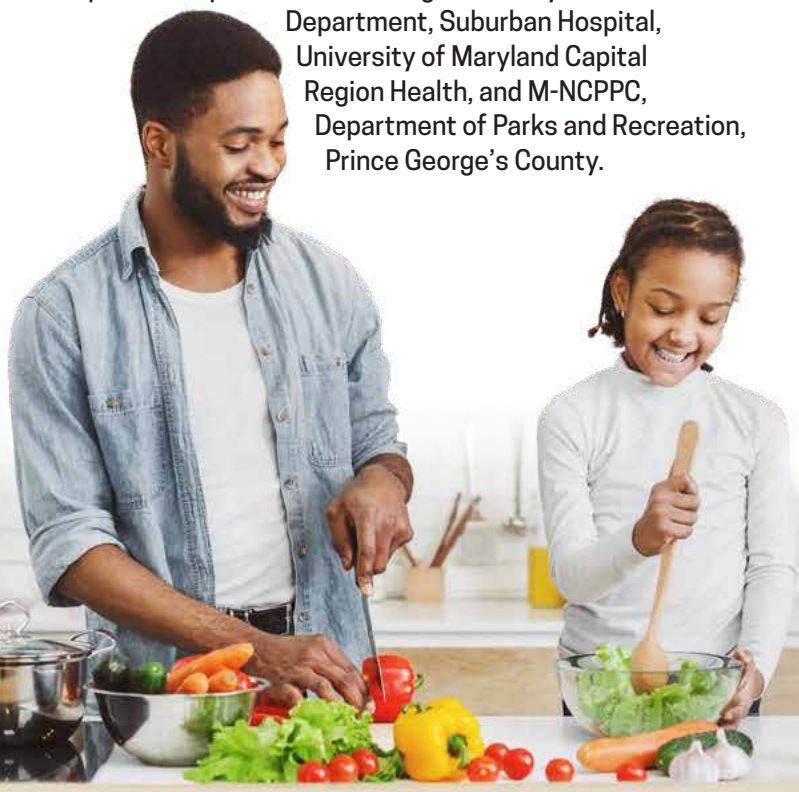




Join us each month this Fall for 90 minutes of virtual fun. Get active, learn simple everyday tips for making healthy choices, and engage with a chef while watching a cooking demonstration.

Dine, Learn & Move is FREE and presented 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.



GET IMMUNE BOOSTED
Wednesday, September 23, 6-7:30 pm

Learn about the antioxidants and anti-inflammatory vitamins in fruits and vegetables, and how they can help naturally boost your immune system.

BUDGET BITES
Wednesday, October 28, 6-7:30 pm

Feeling overwhelmed with the cost of healthy eating? In this session, we'll give you the tools you need to create healthy meals on a budget.

HOLIDAY RECIPE MAKEOVER
Wednesday, November 18, 6-7:30 pm

Let's put a halt to the annual holiday weight gain! Learn how to put a healthier twist on your favorite holiday meals and treats. We'll also provide fitness tips for you and your family for the holiday season.



To register to attend this program, please email wellnessInfo@co.pg.md.us • **All ages are welcome**

For more information, visit wellness.pgparcs.com, call 301-856-9465 or 301-446-6833; TTY 301-699-2544.

