

Dine & Learn

at Suitland Community Center



Wednesdays | 6-8 pm

2017 Program Schedule:

[Jan. 25] *Early Start for the New Year*

Start the new year off by setting a series of fitness and nutrition goals for yourself, and learn how mindfulness can help you to reach them.

[Feb. 22] *Be A Healthier Valentine*

Celebrate American Heart Month this February by learning how to prevent heart disease with heart-healthy diet and exercise.

[Mar. 22] *Put Your Best Fork Forward*

Celebrate National Nutrition Month this March by putting your best fork forward! Learn tips and tricks for healthy food shopping that you will love.

[Apr. 26] *Smart Snacking*

Snacks can make or break our diets and fitness routines. Learn how to make healthier snack choices that will satisfy your cravings while leaving you energized.

[May 24] *Healthy Cooking Without the Pressure*

May is National High Blood Pressure Awareness Month. Learn how nutrition and fitness can help to prevent and/or manage high blood pressure.

[Jun. 28] *Keepin' It Fresh at the Farmer's Market*

Learn how to navigate the benefits of Farmers' Markets as well as how you can grow your own fruits and vegetables at home.

[Jul. 26] *Fitness and Food on the Move*

Being healthy while traveling doesn't have to be difficult. Learn easy ways that you can both eat and live healthy while on-the-go.

[Aug. 23] *Exploring Alternative Diets*

Learn how certain foods can affect our GI tract, and why this requires certain alternative diets such as those that are gluten-free, dairy-free, etc.

[Sep. 27] *Healthy Hacks 101*

Learn simple and easy hacks for packing in more nutrition/exercise into your daily routine, and live a more healthy and wholesome life.

[Oct. 25] *Wallet Diet: Cooking on a Budget*

Some healthy foods can be expensive. Learn clever ways that you can eat healthy on a tight budget without hurting your wallet or your diet.

[Nov. 15] *Holiday Recipe Makeover*

Learn how you can put both healthy and delicious twists on your favorite holiday recipes without compromising taste or flavor.

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