



DINE, LEARN, & Move 2019



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 the Prince George's County Health Department and UM Capital Region Health. No registration is required and all ages are welcome. Children under the age of 13 must be accompanied by a parent or guardian.

DEBUNKING HEALTH MYTHS

Wednesday, August 21, 6-8 pm
Come with your questions ready! In this session, we'll discuss some of the top misconceptions about food, diet, and physical activity.

FOODIE FITNESS

Wednesday, September 18, 6-8 pm
To celebrate National Fruits and Veggies Month, you'll be introduced to a wide variety of healthy foods, exotic fruits, and vegetables that are packed with essential nutrients your body needs. They are delicious and available in your local international market!

BUDGET FOR HEALTH

Wednesday, October 16, 6-8 pm
Living well doesn't have to cost a lot. Learn the secrets of smart shopping for food and fitness equipment that won't break the bank!

HOLIDAY RECIPE MAKEOVER

Wednesday November 6, 6-8 pm
To ward off the holiday weight this year let's put a healthy spin on some classic holiday recipes and learn simple exercises to keep us moving throughout this holiday season!



Our staff has access to an interpretation service and can help in over 150 languages. Please ask for assistance when you call or visit us.

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.



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For program questions, please call 301-446-6800; TTY 301-699-2544, or email wellness@pgparks.com

