



DINE, LEARN, & MOVE 2019

**FREE
BLOOD PRESSURE
SCREENINGS**

Suitland Community Center | 5600 Regency Lane Forestville, MD 20747 | 301-736-3518

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 Suburban Hospital 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.

NEW YEAR, NEW YOU

Wednesday, January 23, 6-8 pm
Let's kickoff 2019 right by setting intentional SMART goals that prioritize exercise and healthy eating! You'll learn tips and tricks to achieve your SMART goals and get you off to a healthy start in the New Year!

LOVE YOUR HEART

Wednesday, February 27, 6-8 pm
Lead with your heart this February! In honor of National Heart Health Month, learn the importance of exercise and eating right and how each effect your cardiovascular health.

NUTRITION 101 FOR ACTIVE BODIES

Wednesday, March 27, 6-8 pm
Join us for National Nutrition Month as we discuss how to make healthier food choices that support an active body as well as an active mind. Learn the basics of eating well to support the exercise program of your choice.

TOOTH SMART SNACKS

Wednesday, April 24, 6-8 pm
Did you know that oral health is an indicator for one's overall health? During this session, learn more about the link between chronic disease and the risks of poor oral health, such as tooth loss and gum disease. By incorporating dental hygiene with a healthy diet and physical activity you can discover a more beautiful smile!

LOW PRESSURE; HIGH FITNESS

Wednesday, May 22, 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.





HEALTH ON THE GO

Wednesday, July 24, 6-8 pm

Don't let your healthy habits go on vacation! Learn quick and easy strategies for eating well and exercising while you are on the road and away from home this summer!

BUDGET FOR HEALTH

Wednesday, October 23, 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!

DEBUNKING HEALTH MYTHS

Wednesday, August 28, 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.

HOLIDAY RECIPE MAKEOVER

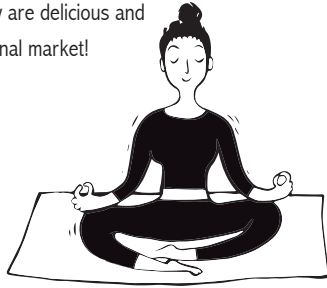
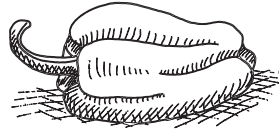
Wednesday November 13, 6-8 pm

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!

FOODIE FITNESS

Wednesday, September 25, 6-8 pm

To celebrate National Fruits and Veggies month, you will 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!



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.

PROGRAM OF:



live more, play more
pgparks.com



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JOHNS HOPKINS MEDICINE

HEALTH DEPARTMENT
Prince George's County

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