



**Join us each month for 90 minutes of virtual fun where participants will be able to 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 to you 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.

### **START THE DAY, START THE YEAR**

**Wednesday, January 27, 6-7:30 pm**

What if you could enjoy the excitement of the new year every day? A healthy breakfast sets the tone for a day with energy, focus, and an active metabolism. In this session, we'll demo how physical activity, combined with a healthy breakfast truly makes it "the most important meal of the day."



### **LOVE IN THE TIME OF CORONAVIRUS**

**Wednesday, February 24, 6-7:30 pm**

American Heart Month is celebrated annually, but this year reflects a convergence with COVID-19. This session will include a gentle flow yoga demonstration before hearing from cardiologist Dr. Sheila Woodhouse of University of Maryland Capital Region Health on ways to keep your heart healthy in this environment of increased risk.



For more information, visit [wellness.pg parks.com](https://wellness.pg parks.com) or contact us at [wellness@pg parks.com](mailto:wellness@pg parks.com).

**To register to attend this program, please email [wellnessinfo@co.pg.md.us](mailto:wellnessinfo@co.pg.md.us)**

**All ages are welcome.**

