



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.

**The Truth About Supplements
Wednesday, September 22, 6-7:30 pm**

To take or not to take? This month we'll learn how to make mindful decisions about incorporating vitamins and supplements into your wellness routine without taking any shortcuts to nutritious eating. We'll kick off the session with some physical activity as a group!

**Budget-Friendly Meal Planning
Wednesday, October 27, 6-7:30 pm**

Building healthy eating habits doesn't have to break the bank. This month we will learn tips on how to be smart with our money and while meal planning. We'll start the session with an instructor-led fitness routine to get you up and moving!

**Holiday Recipe Makeover
Wednesday, November 17, 6-7:30 pm**

Let's savor the season! This month, we'll cover ways to make time for both physical activity and healthy eating so you can enjoy all the holiday season has to offer.



For more information, visit wellness.pgparcs.com or contact us at wellness@pgparcs.com.

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

