



**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.

**Local Foods to Renew Your Body  
Wednesday, June 23, 6-7:30 pm**

Did you know Prince George's County has dozens of farmer's markets offering some of the best produce the region has to offer? To celebrate National Fruit and Vegetable Month, we'll discuss ways to shop local and eat what is in season. We'll also kick start the session off with 20 minutes of physical activity, reminding you that the best way to manage a healthy weight is through both diet and exercise.

**Change Your Mood with Your Food and Your Moves  
Wednesday, July 28, 6-7:30 pm**

Mental health conditions do not discriminate based on race, color, gender or identity. While a healthy balance of diet and physical activity is the first step to fighting depression and anxiety, occasionally one may need more support. This month we'll take active steps to reduce mental health stigma in celebration of National Minority Mental Health Awareness Month.

**Healthy: Fact or Fiction  
Wednesday, August 25, 6-7:30 pm**

With so much information coming at us from different sources, it's hard to keep up! This month, we will discuss common myths about food, diet and physical activity. Come with your questions ready!



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

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

