



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.

Wednesday, September 28, 6-7:30 pm

What's the Verdict on Vitamins?

We know that consuming the daily recommended allowances of vitamins and minerals is essential for good health, especially as we age. But exactly how should we get those nutrients? After an interactive workout, we will explore when it is best to rely on a healthy diet and when it is okay to try an over-the-counter multivitamin. Registration is required. All ages welcome. FREE

Wednesday, October 26, 6-7:30 pm

Be Breast Aware

October is Breast Cancer Awareness Month. The best place to start for breast cancer prevention is knowing your breasts and maintaining routine breast care, such as annual well woman visits and mammograms after the age of 40. Our interactive physical activity and cooking demonstration will also help support healthy cancer-prevention habits. Registration is required. All ages welcome. FREE

Wednesday, November 16, 6-7:30 pm

Low Carb Eating for the Holidays

Surviving the holidays while trying to maintain a low-carb diet can be difficult. Join us to learn how you can put a healthy and delicious twist on your favorite holiday foods. This month, you will also learn fitness and nutritional tips that will keep you and your family engaged during the holiday season. Registration is required. All ages welcome. FREE

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

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

