



**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.

**Cooking in Color**  
**Wednesday, June 22, 6-7:30 pm**

Learn the health benefits of eating and cooking with a variety of fruits and vegetables. This interactive session includes movement, reinforcing the importance of both healthy eating and active living as ingredients for a healthy lifestyle. Registration required. All ages welcome. FREE

**Staying Healthy on the Go**  
**Wednesday, July 27, 6-7:30 pm**

We're all busy, and sometimes that can lead to unhealthy choices. In this session, learn how to make nutritious eating choices—and fit in exercise—when you are on the move. Registration required. All ages welcome. FREE

**What's in Your Drink?**  
**Wednesday, August 24, 6-7:30 pm**

What you drink matters more than you think! This session explores the impact that your beverage of choice can have on your health. Learn practical tips for staying hydrated and discover ways to create flavorful beverages with less sugar that are fun to drink. We will start this session with an energizing workout and end with an interactive cooking demonstration. Registration is required. All ages welcome. FREE

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 send an email to [wellnessInfo@co.pg.md.us](mailto:wellnessInfo@co.pg.md.us). All ages are welcome.**

