



Dine & Learn

at Rollingcrest-Chillum Community Center

6120 Sargent Road • Chillum, MD 20783 • Phone: 301-853-2005 • TTY: 301-699-2544 • www.pg parks.com

Learn how to take steps towards a healthier you with Dine and Learn at Rollingcrest-Chillum Community Center! No registration is required. Ages 18 and up.

Tuesday, June 14, 6:30 pm-8:30 pm

FARM TO TABLE FRESH: EATING FROM THE GROUND UP

Learn how to select and prepare meals using nature's finest ingredients.

Tuesday, July 12, 6:30 pm-8:30 pm

GRILL & CHILL: FOOD SAFETY

Have a healthy summer with great recipes, grilling tips, and more.

Tuesday, August 9, 6:30 pm -8:30 pm

WHAT'S IN YOUR DRINK?

Learn to make fresh, delicious, and power-packed smoothies.

Enjoy:

- Step-by-step live cooking demonstration with a Registered Dietician
- FREE food samples and new recipes to take home
- Fun and easy moves to keep you active for life

Tuesday, September 13, 6:30 pm-8:30 pm

SUPERFOOD SPOTLIGHT: BEANS

Beans are rich in protein, and can be a delicious, healthy addition to any meal.

For more information, call 301-446-6800; TTY 301-699-2544 or e-mail wellness@pgparks.com.



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The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities. Register at least a minimum of two weeks in advance of the program start date to request and receive a disability accommodation.