



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.

- PART 1: Fitness Education Tips & Instructor Led Physical Activity
- PART 2: Nutrition and/or Health Education
- PART 3: Live 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.

For more information, visit
pgparks.com/activities-events/health-wellness-programs
 or contact us at wellness@pgparks.com.

Registration required.

To register to attend this program, please send
 an email to wellnessinfo@co.pg.md.us.

All ages are welcome.

Wednesday, January 28, 6-7:30 pm

Thriving with a Healthy Thyroid

Your thyroid is a small gland with a big job—it influences your energy, metabolism, mood, and more! Join us this month to learn how to support your thyroid and recognize when it may need extra attention. The session will begin with a group fitness session, followed by an informative presentation on thyroid health. The evening will wrap up with a live cooking demonstration featuring a nutrient-packed recipe to support your overall health.

Virtual

Wednesday, February 25, 6-7:30 pm

Power to the Heart: Food, Fitness & Culture

In recognition of both Black History Month and Heart Health Month, join us for an empowering session focused on taking care of your heart through food and movement. We'll begin with physical activity to get your heart pumping, followed by expert tips from a registered dietitian on how your diet can support heart health. The session will conclude with a live cooking demonstration featuring a nutritious, heart-healthy, soul-food recipe.

Virtual

Connect with us!

@pgparks



- The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities. Register a minimum of two weeks prior to the program start date to request and receive a disability modification.
- Customers who are deaf, hard of hearing, or have a speech disability, call Maryland Relay 7-1-1.
- Language interpretation is available at all facility front desks. Please ask for assistance.