



UM CAPITAL
REGION HEALTH



Wednesday, June 25, 6-7:30 pm

Mind Matters: Signs & Symptoms of Alzheimer's Disease

Join us during Alzheimer's and Brain Awareness Month and help us fight the stats. We will learn about Alzheimer's disease and discuss ways to maintain your brain health. This session will start off with a fitness session that will get you moving. Then, we will have an informative segment on Alzheimer's and brain health, provided by an expert on Alzheimer's disease. The session will close out with a live cooking demonstration using recipes that will support your brain health.

Wednesday, July 23, 6-7:30 pm

Hydrate to Feel Great

Since our bodies are over 2/3 water, every system relies on it, especially our immune system. Find out how to choose the best hydration supplement for your health goals while learning all the best hydration tips from a registered dietician. The program will begin with a guided physical activity session and close out with a live cooking demonstration using recipes that support your health and hydration.

Wednesday, August 27, 6-7:30 pm

The Rundown on Sleep

Sleep is essential for all of us. It supports important aspects of our overall health, our weight, our mood and memory, and even our heart health. In this session, a member of the Johns Hopkins Behavioral Sleep Medicine Program will highlight what you can do to improve your sleep as you age. We'll start the program with an empowering movement session and end with an interactive cooking demonstration that focuses on ingredients to support a good night's rest.

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.

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

Registration required. All ages are welcome.

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

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.