



UM CAPITAL
REGION HEALTH



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.

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

All ages are welcome.

Wednesday, September 24, 6-7:30 pm

Living Longer, Living Healthier

Did you know that September is Healthy Aging Month? It's a fact that we're all getting older, but studies show Americans are living longer. So, this month, we want to empower you to learn how to take a proactive approach to aging and embrace a healthy lifestyle at any age. This session will begin with a group fitness routine and end with a delicious live cooking demonstration from our chef.

Virtual

Wednesday, October 22, 6-7:30 pm

Break-Free: Taking Care of Your Bone and Joint Health

Join us this month as we take on an actionable approach to caring for our bone and joint health. This session will start off with an energizing workout. Then, we will have an informative session to learn how to take care of our bones and joints. The session will close out with a live cooking demonstration using recipes that will support your health.

Virtual

Wednesday, November 19, 6-7:30 pm

Understanding Diabetes

Did you know that Type 2 diabetes can be prevented or delayed with lifestyle changes? Join us this month to learn about type 2 diabetes and how to prevent it. This session will start off with an interactive workout that will get you moving. Then, we will have a guest speaker from UM Capital Region's Diabetes Center introduce lifestyle changes to prevent type 2 diabetes. The session will close out with a live cooking demonstration using recipes that will support your overall health.

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.