



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](http://pgparks.com/activities-events/health-wellness-programs)  
or contact us at [wellness@pgparks.com](mailto:wellness@pgparks.com).

Registration required.

To register to attend this program, please send an email to [wellnessinfo@co.pg.md.us](mailto:wellnessinfo@co.pg.md.us).

A link to the virtual session will be sent 24 hours prior to the event start time.

All ages are welcome.

Wednesday, March 27, 6-7:30 pm

### Decoding the Nutrition Label

Join us for an informative session where you'll learn how to decipher and make sense of complex nutrition labels. Discover how to spot hidden ingredients, understand serving sizes, and make informed choices that support your health and wellness goals. Whether you're aiming to eat healthier, manage dietary restrictions, or simply become a more conscious consumer, this session will equip you with the skills to confidently navigate the grocery store aisles. The session will begin with a group fitness class and end with a live cooking demonstration!

Wednesday, April 24, 6-7:30 pm

### Shopping Local This Spring

Spring brings warmer weather and growth, not to mention fresh fruits and veggies. Learn where to find the best of what the County offers at local farmers markets and how to use them. During this session, we'll learn more about how to engage with your local food system, but first we'll move together and finish with a live cooking demonstration using locally purchased foods.

Wednesday, May 22, 6-7:30 pm

### Healthy Blood Pressure Tips

May is National High Blood Pressure Education Month. Know your numbers! High blood pressure affects one in three Americans and it's the third leading cause of death in the U.S. Join us this month to learn information and tips to promote and manage a healthy blood pressure by making healthy food choices. The session will kick off with a physical activity encouraging you to be active, and end with a live cooking demonstration showcasing healthy recipes you can try at home.

Connect with us!



- ▶ 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.