



DINE, LEARN & MOVE

Wednesday, March 25, 6-7:30 pm **Plant-Based Made Simple**

March is National Nutrition Month, and this year we're celebrating the power of plants! Join us to discover the many benefits of a plant-based diet and learn simple ways to add more fruits, vegetables, whole grains, and legumes to your meals. We'll begin with a heart-pumping workout, followed by a nutrition segment focused on plant-based eating, and we will wrap up with a live cooking demonstration showcasing easy plant-based meal prep ideas.

Virtual

Wednesday, April 22, 6-7:30 pm **Smart Screening for Colon Health**

Did you know that screening can find, and in some cases, prevent colon cancer? We will learn about the different ways you can reduce your risk of colon cancer – starting with a screening and supported by a healthy diet and regular exercise. As always, we will kick off the session with some group movement and end with a live cooking demonstration!

Virtual

Wednesday, May 27, 6-7:30 pm **Living Well With Arthritis**

Join us as we recognize Arthritis Awareness Month! Living with arthritis can be distracting, difficult, and quite literally a pain. During this virtual session, learn valuable information, practical tips, and expert insights on managing arthritis and improving quality of life. The program will begin with a guided physical activity session to promote flexibility and joint mobility and will end with a live cooking demonstration.

Virtual



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

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

ALL AGES ARE WELCOME.



- 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.