



**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.

**See the Year in a Whole New Way!  
Wednesday, January 26, 6-7:30 pm**

Let's "see" how we can make the best decisions for our health in 2022! Good vision helps us stay safe when exercising or in the kitchen. January is National Glaucoma Month and to celebrate, we'll learn about eye health from an ophthalmologist from Johns Hopkins Wilmer Eye Institute. Registration is required.

**Mindful of Your Heart  
Wednesday, February 23, 6-7:30 pm**

Life can be fast-paced and stressful at times. To celebrate National Heart Month, we'll lead participants in a gentle flow exercise and stretching routine as a way to slow down and show our hearts some love. Participants will also learn how to practice heart health in the kitchen with an interactive cooking demonstration. Registration is required.



For more information, visit [wellness.pgparks.com](http://wellness.pgparks.com) or contact us at [wellness@pgparks.com](mailto:wellness@pgparks.com).

**To register to attend this program, please email [wellnessInfo@co.pg.md.us](mailto:wellnessInfo@co.pg.md.us). ■ All ages are welcome.**

