



TAKE time to learn, to TAKE care of yourself, & TAKE charge of you health!

# Dine & LEARN

Over 60% of deaths in the County are due to chronic illnesses. Eating well and being physically active play an important role in reducing your risk for developing a chronic disease. Take charge of your health by participating in this FREE program!

- Learn how to **Cook Healthier Foods**
- Learn the Importance of Eating a **Balanced Daily Diet**
- Learn About Safer **Exercising**
- Get Your **Blood Pressure and Cholesterol Levels Checked**

## Suitland Community Center

5600 Regency Lane,  
Forestville MD 20747

6:00 p.m. to 8:00 p.m.  
(please arrive by 5:30 p.m.)

### Schedule

Sessions are scheduled to be held the last **Wednesday in every month**

Note: Always sign-up first.  
Schedule subject to change.

### Sign-Up Today

You must call to sign-up for each session.

For more information and to sign-up call **301-883-3545**