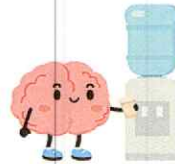


# Grow a healthy brain!



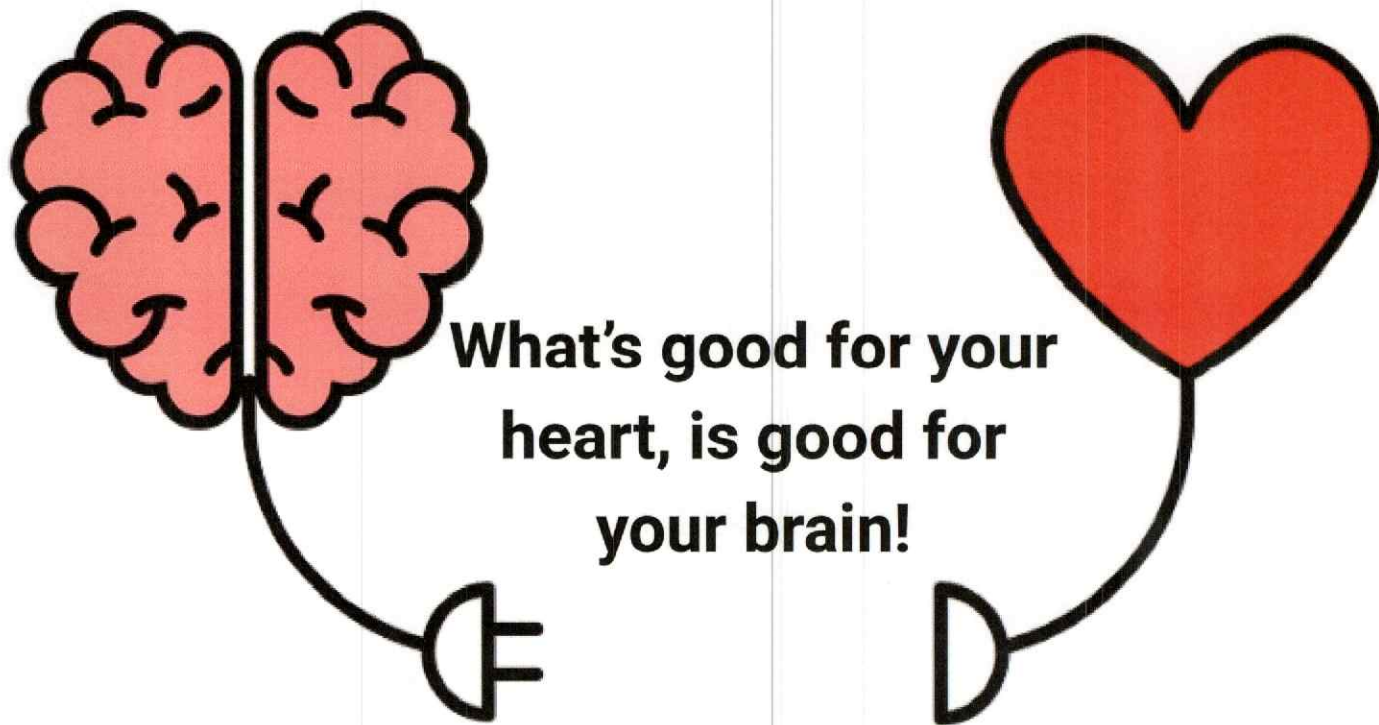
Drink **water** throughout the day,  
**instead** of sugary drinks.

Eat at least a total of 5 **fruits**  
and **vegetables** each day.



Exercise **60 minutes** or  
more each day.

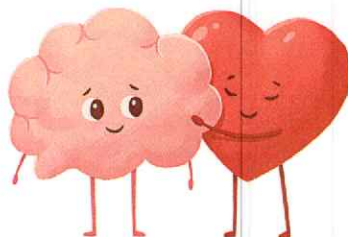




The same risk factors that can cause heart disease can lead to Alzheimer's disease and other dementias. These risk factors include high blood pressure, smoking, unhealthy diet, and being inactive.

**Adults should get 150 minutes or more of physical activity each week, including 2 days of strength training.**

Eating foods high in sodium can cause high blood pressure. More than 35% of Garrett County residents have high blood pressure.





## January 2026 Mobile Market Events Calendar

**\*\*Weather Permitting\*\***



### -- GARRETT COUNTY --

**1/6/2026 - Grantsville Library - 1pm-3pm**

102 Parkview Dr, Grantsville, MD 21536

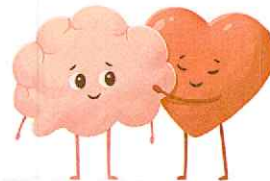
**1/13/2026 - Loch Lynn Heights Town Hall - 1pm-3pm**

211 Bonnie Blvd, Oakland, MD 21550

**1/14/2026 - Friendsville Community Park - 2pm-4pm**

Old River Rd, Friendsville, MD 21531

What's good for your  
heart, is good for  
your brain!



## February 2026 Mobile Market Events Calendar

**\*\*Weather Permitting\*\***



### -- GARRETT COUNTY --

**2/3/2026 - Grantsville Library - 1pm-3pm**

102 Parkview Dr, Grantsville, MD 21536

**2/10/2026 - Loch Lynn Heights Town Hall - 1pm-3pm**

211 Bonnie Blvd, Oakland, MD 21550

**2/11/2026 - Friendsville Community Park - 2pm-4pm**

Old River Rd, Friendsville, MD 21531