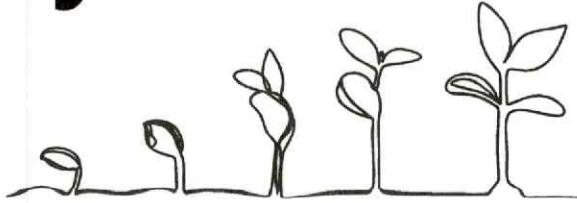
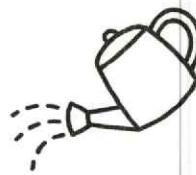
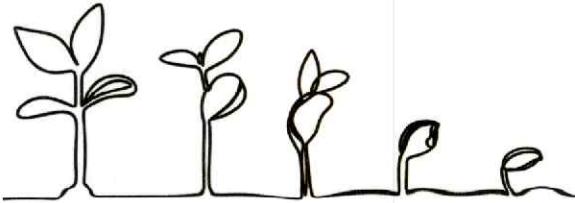
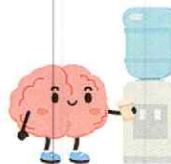


Grow a healthy brain!



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

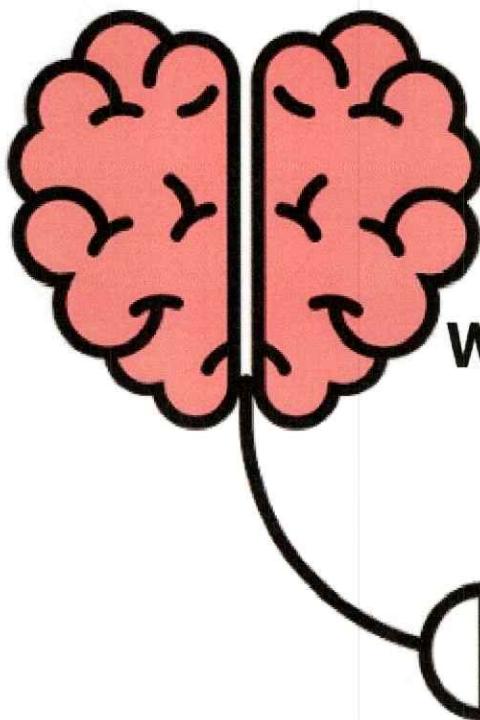


**Eat at least a total of 5 fruits
and vegetables each day.**

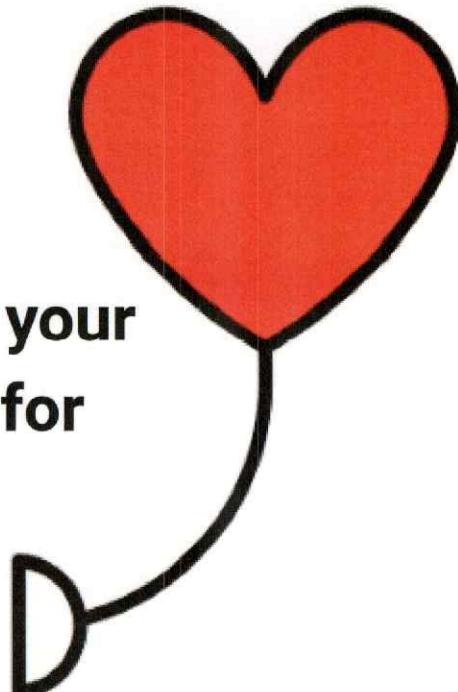


**Exercise 60 minutes or
more each day.**





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

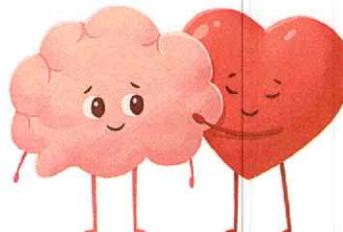


The same risk factors that can cause heart disease can lead to Alzheimer's disease and other dementias.

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



MARYLAND
FOOD BANK

-- GARRETT COUNTY --

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

102 Parkview Dr, Grantsville, MD 21536

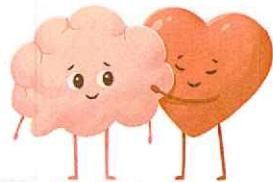
1/13/2026 - Loch Lynn Heights Town Hall - 1pm-3pm

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



MARYLAND
FOOD BANK

-- 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