

Lunch &
Learn



ALZHEIMER'S  ASSOCIATION®

HEALTHY LIVING FOR YOUR BRAIN AND BODY

Thursday, March 12, 2026 | 12 p.m.

Grasonville Senior Center
4802 Main Street
Grasonville, MD 21638

This program offers science-based recommendations about taking care of our brains and bodies. While there are currently no proven methods to prevent cognitive decline or dementia, research has shown that we can take action to reduce our risk of developing it and help maintain or potentially improve overall health.



Please register in person or by calling 410.827.6010. If you would like reserve lunch, we ask that you register by February 26, 2026.

Our Lunch Menu

QUESTIONS? CALL OUR 24/7 HELPLINE | 800.272.3900 | ALZ.ORG/MARYLAND