



Brain Health for Every Generation:

How to Reduce Risk and Build Resilience at Every Age

Saturday, May 23, 2026 | 1:00 - 3:00 p.m. | Hybrid

Harmony Hall, 10701 Livingston Rd, Fort Washington, MD 20744

Prince George's County, Maryland faces some of the highest rates of Alzheimer's disease in the nation — but there's hope. New research is helping us understand how to protect brain health at every age, diagnose dementia earlier, and access treatments that may slow or delay the disease.

This family-friendly event — offered virtually and in-person — is your chance to:

- Learn practical tips for reducing risk and building resilience.
- Connect with experts and neighbors who care about brain health.
- Engage in meaningful conversations about how we can support families and individuals affected by Alzheimer's.
- Share your experiences and ideas so the Alzheimer's Association can better serve our community.

Let's work together to protect brain health for every generation.



To register, scan the QR code
or visit alz.org/nca/events.

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