



# Join Us!

# EAT SMART, THINK SHARP

## How Food & Lifestyle Shape Brain Health

UC Davis Health GROW Program and Meals on Wheels Yolo County are teaming up to bring you FIVE exciting, FREE brain health presentations across Yolo County!

**Thursday, March 12, 11:30 am – 12:30 pm**

Winters Community Center  
201 Railroad Ave, Winters

**Wednesday, March 18, 11:00 am – 12:00 pm**

West Sacramento Community Center  
1075 W. Capitol Ave., West Sacramento

**Thursday, March 26, 11:00 am – 12:00 pm**

Capay Valley Health and Community Center  
17340 Yolo Ave., Esparto

**Friday, March 27, 11:00 am – 12:00 pm**

Davis Senior Center  
646 A St., Davis

**Wednesday, April 1, 11:00 am – 12:00 pm**

Woodland Community & Senior Center  
2001 East Street, Woodland

For more information scan the QR code or visit:  
<https://mowyolo.org/nutrition-access/engagement/>



G R O W

Greater Sacramento Women's  
Brain Health Program