

The Fit Brain Club of Laguna Woods Village

Interested in Healthy Aging?

Join us for our monthly meetings as various guest speakers present on topics related to brain health, memory, planning for the future, and more!

The Fit Brain Club meets every 2nd Monday at 10 am.

February 10th, 2025

Anatomy of a Scam
Karen Rossi
Council on Aging



Join us for this informative session designed to help identify and avoid scams. Learn how scammers operate, common fraud tactics, and practical tips to safeguard your personal information and finances. Empower yourself with knowledge and stay one step ahead of fraudsters. Don't miss this valuable class!

23822 Avenida Sevilla
Laguna Woods, CA 92637
PAC - Clubhouse 3 -
Dining Room 2

Light refreshments provided by:
Adapt2It Home Medical Supply
and **Starbucks**



Fit Brain Club



Alzheimer's
ORANGE COUNTY

Helpline 844-373-4400

For more information, please visit our website <https://fitbrainlw.com/> or contact Mary Grace Carpenter carpenter41mg@gmail.com

The Fit Brain Club of Laguna Woods Village, with the help of Alzheimer's Orange County, brings information to others about Alzheimer's disease and related dementias, and about keeping the mind and body healthy.

For Laguna Woods Village Residents and their guests.