

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.

June 9, 2025

AD vs Lewy Body vs FTD

Kent Peppard, Ph.D

Clinical Psychologist



Have you heard the news? Alzheimer's is the most common type of dementia, but what about Robin Williams (Lewy Body-LBD) and Bruce Willis (Frontotemporal- FTD)? LBD accounts for 10 to 25% of cases of dementia. FTD accounts for 5-7% of diagnosed dementias. The course of Alzheimer's, FTD and Lewy body dementia vary considerably. Join this session with Dr. Kent Peppard as he explains the differences.

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

Light refreshments provided by:
**Seniors Helping Seniors and
Starbucks**



Fit Brain Club



Check out our website: <https://fitbrainlw.com/>

Alzheimer's
ORANGE COUNTY

Helpline 844-373-4400

For more information, 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 and about keeping the mind and body healthy.

For Laguna Woods Village Residents and their guests.

