

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.

September 8, 2025

Psychological Changes As We Age: The Art Of Self-Care

Dr. Mitchell L. Gelber

Licensed Psychologist

Join us for an insightful class exploring the emotional and psychological shifts that often accompany aging. Learn how to recognize these changes, build resilience, and embrace the power of self-care to support mental well-being. Whether you're aging yourself or supporting a loved one, this class offers practical tools and compassionate guidance for navigating life's transitions with grace and strength.



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.

