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.

July 14, 2025

The Color Code: Eating for Optimal Health

Dr. Daniel A. Nadeau

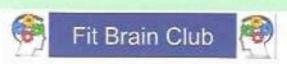
Endocrinologist with HOAG



Discover the power of a colorful plate! Join us for this engaging class to learn how a multicolored eating plan can help prevent common agerelated illnesses. Explore the science behind vibrant fruits and vegetables and how they support your overall health. Walk away with practical tips for incorporating a rainbow of nutrition into your daily meals for better vitality and longevity.

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

Light refreshments provided by: Seniors Helping Seniors and Starbucks



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

Alzheimer's

Helpline 844-373-4400

For more information, contact: Mary Grace Carpenter <u>carpenter41mg@gmail.com</u>

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.

