

# 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 age-related 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**



**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](mailto: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.*

