

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.

March 9, 2026

Digital Dementia: Is Technology Making Us Forgetful?

**Devin Teichrow, MSc
UCI**



Is constant screen time affecting your memory and focus? Join us as we explore the impact of technology on the brain, including attention, memory, sleep, and emotional well-being. Learn practical strategies to create healthier digital habits and protect your brain at any age.

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

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

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.



Fit Brain Club



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

Alzheimer's
ORANGE COUNTY

Helpline 844-373-4400



Non-Profit Approved 501(c)(3)