

# 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.

**April 13, 2026**

### **Live Longer, Live Better: Everyday Longevity Strategies**

**Dr. Neal H. Patel**  
**Phantom Medical, Inc**



Learn practical, science-supported longevity habits you can start using today. This class explores easy lifestyle “hacks” — from nutrition and movement to sleep, stress, and brain health — that help protect your body and mind as you age. Leave with simple, realistic ideas you can incorporate into daily life.

**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:**

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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.*