

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 10th, 2025

Digital Emergency Preparedness

Annie Wright



This presentation will cover general Laguna Woods emergency protocols, how to use a smartphone to receive emergency alerts, various ways to contact emergency services, creating a medical profile on your smartphone, using a smartwatch and smartphone to detect falls or crashes, scanning important documents for cloud storage for insurance purposes after a disaster, and assembling both a Shelter-in-Place emergency kit and a Go-Bag emergency kit for evacuation.

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

Light refreshments provided by:
Starbucks



Fit Brain Club



Alzheimer's
ORANGE COUNTY

Helpline 844-373-4400

For more information, please visit our website <https://fitbrainlw.com/> or 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 disease and related dementias, and about keeping the mind and body healthy.

For Laguna Woods Village Residents and their guests.