

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 8, 2024

PD Buzz

Lauren Simmons
Founder & Director | PD Buzz



Join us for an insightful class on Parkinson's Disease, where we'll explore the complexities of this neurological condition, its symptoms, treatments, and management strategies. Gain a deeper understanding of how Parkinson's affects individuals and their families, while learning about the local programs and support resources available.

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

Light refreshments provided by:
Adapt2It Home Medical Supply



Fit Brain Club



Alzheimer's
ORANGE COUNTY

Helpline 844-373-4400

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.

