

# 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.

**May 13, 2024**

## **Cognitive Care Solutions**

*Allyson Lehrich, LCSW  
President | Cognitive Care Solutions*



The brain is not a muscle but it can function as one. When we exercise it. Our brain gets stronger. To keep it strong we need to keep challenging it regularly. Brain exercise includes training the following skills: Memory, Reasoning, Processing Speed, Concentration, Logical Sequencing, Language, Problem Solving and Visual-Spatial Skills.

**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](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.*

