

# 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.

### July 8, 2024

## Aging and the Senses

### Lauren Weiss

*Continuing Education Coordinator,  
Alzheimer's Orange County*



Our senses evolve and adapt as we age, and these changes impact our perception of the world. Join us to gain a deeper understanding of how aging impacts sensory processes such as vision, hearing, taste, smell, and touch and discover practical strategies for maintaining sensory health and enhancing quality of life.

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

Light refreshments provided by:  
**Adapt2It** Home Medical Supply  
and **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](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.*

