

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.

October 14, 2024

Legal and Financial Planning

Christina McGonigle
Attorney at Law



Join us for an informative session designed to help you navigate the complexities of managing finances and legal affairs in your golden years. This presentation will cover essential topics such as estate planning, healthcare directives, and long-term care options. Learn from expert advice to secure your financial future and ensure peace of mind for you and your loved ones. Don't miss this opportunity to gain valuable insights and practical tips tailored specifically for senior citizens.

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

Light refreshments provided by:
Adapt2It Home Medical Supply
and **Starbucks**

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 and about keeping the mind and body healthy.

For Laguna Woods Village Residents and their guests.



Fit Brain Club



Alzheimer's
ORANGE COUNTY

Helpline 844-373-4400

