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 14, 2025

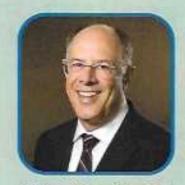
Learn about the Hospital Elder Life Program (H.E.L.P.) at MemorialCare Saddleback Medical Center, the effects of delirium on patients when hospitalized and the importance of having your will, trust and power of attorney documents in order.



David C. Law, MD, FCCP MemorialCare Saddleback Medical Center Foundation Board Member



Janine Hooper, RN Educator Elder Life Nurse Specialist MemorialCare Saddleback Medical Center



Michael Crvarich, CPA Exec. Director, Legacy Giving MemorialCare Saddleback Medical Center Foundation

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



Fit Brain Club



Helpline 844-373-4400

Light refreshments provided by: O'Connor Mortuary



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.