

# 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](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 disease and related dementias, and about keeping the mind and body healthy.

*For Laguna Woods Village Residents and their guests.*