

# 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.

**January 13, 2025**

**Music for the Mind**  
**Karen Skipper**  
**Music Therapist**



Join us for an engaging class exploring how music can enhance cognitive health, improve memory, and uplift mood. Learn fascinating insights and practical tips for incorporating music into your daily life for brain wellness. Discover how rhythm, melody, and harmony activate key brain areas to boost mental well-being. Whether you're a music lover or just curious, this session will inspire you to use music as a tool for a healthier mind.

**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 disease and related dementias, and about keeping the mind and body healthy.

*For Laguna Woods Village Residents and their guests.*

