

# 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.

**February 9, 2026**

### **A Caregiver's Journey: My Three Lessons**

**Ben Allen  
Alzheimer's Orange County**



Join us for a conversation with Ben Allen, care partner and educator for AlzOC, as he shares insightful perspectives from his caregiving journey, and offers practical tips for friends and family of loved ones experiencing memory loss and other cognitive changes.

**23822 Avenida Sevilla  
Laguna Woods, CA 92637  
PAC - Clubhouse 3 -  
Dining Room 2**  
Light refreshments provided by:  
**Seniors Helping Seniors and  
Starbucks**



**Fit Brain Club**



Check out our website: <https://fitbrainlw.com/>

**Alzheimer's  
ORANGE COUNTY  
Helpline 844-373-4400**

**For more information, 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.*

