

# 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.

**November 10, 2025**

**Your Future, Your Plan:**  
**Navigating Estate Planning with Confidence**

**Michael Muller**  
**Estate Planning Attorney**



Planning for the future can bring peace of mind for you and your loved ones. Join us for an informative session designed specifically for older adults to learn the essentials of estate planning, wills, trusts, and probate. Discover how to protect your assets, avoid common mistakes, and ensure your wishes are carried out smoothly.

**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.*

