

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.

August 11, 2025

Happy Feet, Healthy Life: The Importance of Foot Health

Presented by: Lorelei C. Achor, DPM

Our feet carry us through life—literally! In this informative class, learn why proper foot care is essential for maintaining mobility, balance, and overall health as we age. Discover common foot issues, how to prevent them, and tips for choosing the right footwear. Step into better wellness from the ground up!

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



Fit Brain Club



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

Light refreshments provided by:
**Seniors Helping Seniors and
Starbucks**

Alzheimer's
ORANGE COUNTY

Helpline 844-373-4400

For more information, 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 and about keeping the mind and body healthy.

For Laguna Woods Village Residents and their guests.

