

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.

October 13, 2025

Sharpen Your Mind: Memory Tips and Tricks

Lauren Weiss

Educational Program Manager, Alzheimer's Orange County



Keep your brain active and your memory strong! This fun and interactive class explores practical tips, everyday strategies, and brain-boosting techniques to help sharpen your recall and improve focus. Learn simple lifestyle changes, mental exercises, and tricks you can use right away to stay sharp and confident in your daily life.

**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

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.

