

# 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 12, 2026**

### **Mind Your Mood: Stress, Emotions, and Brain Health**

**Deborah Morse, MSG  
Alzheimer's Orange County**



Discover how your emotions and stress levels impact your brain and overall well-being. This engaging class explores the powerful connection between mood and memory, how chronic stress affects brain health, and practical techniques to boost emotional resilience. Learn ways to calm your mind, lift your mood, and support a healthier brain at any age.

**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.*

