

# 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.

**May 12th, 2025**

### **Driving and Memory Concerns**

**Debbie Ricker**

**OTR/L, DRS, CDT**



Worried about how memory changes might affect driving? This class explores the connection between memory and safe driving, signs it may be time to stop driving, and strategies for having difficult conversations with loved ones. Gain valuable insights and resources to navigate this sensitive topic with confidence and care.

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

Light refreshments provided by:  
**O'Connor Mortuary and Starbucks**



**Fit Brain Club**



**Alzheimer's**  
ORANGE COUNTY

**Helpline 844-373-4400**

**For more information, please visit our website <https://fitbrainlw.com/> or 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 disease and related dementias, and about keeping the mind and body healthy.

*For Laguna Woods Village Residents and their guests.*

