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

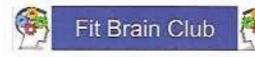


Worried about how memory changes might affect driving? This class explores the connection between memory and safe driving, signs it may be time to stop driving, and strategies for having difficult conversations with loved ones. Gain valuable insights and resources to navigate this sensitive topic with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



Alzheimer's

Helpline 844-373-4400

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

For Laguna Woods Village Residents and their guests.