

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.



Feb 14 | Protective Lifestyle Factors

Brian Hitt, MD, PhD | UCI Health

Come hear from Dr. Brian Hitt, board-certified UCI Health behavioral neurologist, as he discusses ways to keep our minds healthy for years to come. Bring your questions!

This meeting will be held virtually via Zoom.

Register here: bit.ly/BHFeb142022



Fit Brain Club



Alzheimer's
ORANGE COUNTY

Helpline 844-373-4400

**For more information, contact:
SunshineLutey@gmail.com or 949-278-6454**

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.

Visit <https://www.fitbrain.us/> for more information.

For Laguna Woods Village Residents and their guests.



Rec. Dept. Approved W. Arico