

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.



Mar 14 | My Neighbor has Memory Loss: How can I Help?

Toni Shapiro, LCSW | Alzheimer's Orange County

Join us for a discussion on how to help loved ones, friends, or neighbors in our community who may be experiencing memory loss or other cognitive changes.

**24232 Calle Aragon
Laguna Woods, CA 92637
Clubhouse 1, Art Room**

(Enter Gate 1 from El Toro)

Light refreshments provided by:
Adapt2It Home Medical Supply



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.

