

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.



Jan 10 | Sharpen your Mind! Memory Tips & Teasers

Ben Allen, Alzheimer's Orange County

This month's meeting will be held via Zoom:

Click this link to join the meeting: <https://bit.ly/3mW3qFt>

Or join by phone: +1 669-900-6833

Meeting ID: 817 1231 6435 Passcode: 596365



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.

