

# 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.**



### **Apr 11 | Are you "Good to Go"? A Discussion on Advance Care Planning**

*Patty Mouton, MSGc*

*VP of Outreach & Advocacy | Alzheimer's OC*

April is National Healthcare Decisions Month. Join us for a discussion about Advance Care Planning, including how to have important conversations with loved ones to ensure they know your wishes in the event of serious or terminal illness.

**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



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.*

