

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.



Aug 8 | Managing Caregiver Stress

*Toni Shapiro, LCSW
Alzheimer's Orange County*

Being a care partner can be incredibly rewarding, but also, incredibly challenging. It takes patience and skill to adapt to changes, and recognize when to ask for help. Join us to learn what you can do to develop resilience and deal with burnout.

**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.



Not a Drug. Approved 03/2018