

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.



November 14, 2022

A Caregiver's Journey: My Three Lessons

Ben Allen, Alzheimer's Orange County

Join our conversation with Ben Allen, care partner and educator for AlzOC, as he shares insightful perspectives from his caregiving journey, and offers practical tips for friends and family of loved ones experiencing memory loss and 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.

