

# 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.

**April 10, 2023**

## **Watch Your Step, Home Safety Takes Some Prep!**

*Casey Quach & Anabel Trevilla*

*MSW Interns | Alzheimer's Orange County*

Falls can be a threat to your active, healthy, and independent lifestyle. However, you can reduce the risk for yourself and your loved ones by keeping your home safe. Learn about the causes and factors that may contribute to increased fall risks. Resources are provided for reducing fall risks including self-assessments, home safety modifications, and a review of exercise programs.

**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:**

**Mary Grace Carpenter [carpenter41mg@gmail.com](mailto:carpenter41mg@gmail.com)**

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.*