

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.


July 10, 2023

Are You " Good to Go"?



Patty Barnett Mouton, MSGC
Vice President, Outreach & Advocacy, Alzheimer's Orange County

April is National Healthcare Decisions Month. Join us for a discussion about Advance Care Planning, including Power of Attorney, the POLST form and how to communicate your wishes.

23822 Avenida Sevilla 

Laguna Woods, CA 92637

PAC - Clubhouse 3 -

Dining Room 2

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

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.

For Laguna Woods Village Residents and their guests.