

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 13, 2023

How to Keep the Brain Healthy

Dr. Kent Peppard, PhD



Kent Peppard, PhD. is a clinical psychologist who specializes in geriatric neuropsychology, which involves the assessment of neurocognitive disorders such as delirium, Mild Cognitive Impairment (MCI), and the various types and causes of dementia. He has a special interest in Alzheimer's disease and how we can lower our risks of developing this devastating disorder.

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.