

# 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.

**January 8, 2024**

### **Driving & Dementia**

*Debbie Ricker, OTR/L, DRS, CDT*



At some point in time, a person living with dementia will have to stop driving. We need to help unsafe drivers to stop driving BEFORE they harm others or themselves.

This presentation will provide direction to caregivers and family members of what warning signs to look for and when to take away the keys.

**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](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.

*For Laguna Woods Village Residents and their guests.*

