

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.

September 9, 2024

Breaking Through the Taboo: How do I know when a Loved One needs more help?

Patty Barnett Mouton
VP of Outreach & Advocacy,
Alzheimer's Orange County



Sometimes we may not recognize when our older loved ones struggle with the basics of aging on their own. Join us to learn about common red flags that signal issues, how to approach often-difficult conversations, and find the best plan for optimizing well-being. Bring your questions!

23822 Avenida Sevilla
Laguna Woods, CA 92637
PAC - Clubhouse 3 -
Dining Room 2

Light refreshments provided by:
Adapt2It Home Medical Supply
and **Starbucks**



Fit Brain Club



Alzheimer's
ORANGE COUNTY

Helpline 844-373-4400

For more information, please visit our website <https://fitbrainlw.com/> or 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.