



## **Connect to Healthy Living -** Prevention Tips for Common Age-Related Conditions

---

**Tuesday, January 27, 2026 from 5:30-7 p.m. at Clubhouse 2**

- Meet physicians & experts from MemorialCare Medical Group 55+ (Laguna Woods)
- Learn about common age-related conditions, how to lower your risk, & when to seek treatment
- Connect with the professionals who can provide guidance & tips
- Enjoy light refreshments

Please RSVP by contacting Senior Communities Liaison Reme, at 949-627-3565 or [rataya@memorialcare.org](mailto:rataya@memorialcare.org)

*Free to Laguna Woods Village residents.*