

Event is open to Laguna Woods Village residents and their guests only



844-HELP-ALZ (844-435-7259) | www.alzoc.org

Alzheimer's
ORANGE COUNTY

Alzheimer's OC Club, Laguna Woods Village

Join us for a series of Brain Fitness exercises led by
Cognitive Care Solutions

In this class you will be trained in the following skills:

- ❖ Memory
- ❖ Reasoning
- ❖ Attention & Concentration
- ❖ Word Naming
- ❖ Problem Solving
- ❖ Logical Sequencing
- ❖ Processing Speed
- ❖ Visual- Spatial Skills



Monday, March 11, 2019

10:00 a.m. – 12:00 p.m.

Alzheimer's OC Club

Meeting and Information Session

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

No cost to attend.

**RSVP preferred, but not required:
949-757-3710**

Cognitive Care
SOLUTIONS
Comprehensive Cognitive Wellness

Refreshments provided by:

Adapt 2 It
Home Medical Supply

For more info: contact Club President, Sunshine Lutey Phone: 949.278.6454; Email: SunshineLutey@gmail.com