

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

Light refreshments provided by:
Adapt2It Home Medical Supply



Alzheimer's OC Club Meeting and Information Session

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

Monday
March 9, 2020
10:00 a.m. – 12:00 p.m.