

# Alzheimer's | ORANGE COUNTY

## The Fit Brain Club of Laguna Woods Village Presents: Sharpen your Mind and Memory (Zoom Meeting)

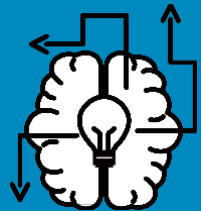


**Monday, July 13 | 10-11 am**



Learn tips for maintaining brain health and tricks to practice sharpening your memory!

Led by: Araksi Kirakosyan, MPH, CHES  
Memory Programs Coordinator



To Register: <https://bit.ly/2UTSMRA>



**Fit Brain Club**



For Info: Call Sunshine 949 278-6454 or  
email [SunshineLutey@gmail.com](mailto:SunshineLutey@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. Visit <https://www.fitbrain.us/> for more information.