

The Fit Brain Club of Laguna Woods Village Presents:

Nutrition for a Healthier Mind

Monday, August 10 | 10-11 am

In this virtual class, learn about age-related changes in memory and learning, and how nutrition and diet impact your cognitive health. We will discuss which foods to eat and avoid for a healthier brain and body.

Led by: Araksi Kirakosyan, MPH, CHES
Memory Programs Coordinator
Alzheimer's Orange County

To Register: <https://bit.ly/fbcaug20>



Fit Brain Club



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.