

The Fit Brain Club of Laguna Woods Village Presents:

## *Brain Fitness Exercises*

Led by Cognitive Care Solutions

**Monday, September 14 | 10-11 am**

Join us for an interactive virtual class where we will discuss the importance of lifestyle factors on memory, and practice skills in the areas of problem solving, attention, concentration, logical sequencing, and more!

Led by: Allyson Lehrich, LCSW  
President of Cognitive Care Solutions

**To Register: <https://bit.ly/fbcsept20>**



Fit Brain Club



**For more information, contact:**

**[SunshineLutey@gmail.com](mailto:SunshineLutey@gmail.com) or 949-278-6454**

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.