

Alzheimer's | ORANGE COUNTY

The Fit Brain Club of Laguna Woods Village Presents:

Managing Stress

Monday, November 9 | 10-11 am

Join us for an interactive virtual class where we will discuss the impact of stress on our health and what we can do to reduce our stress.

Bring your questions!

Presented by: Ben Allen

Programs & Education Specialist, Alzheimer's OC

To Register: <http://bit.ly/fbcNov20>

For more information, contact:

SunshineLutey@gmail.com or 949-278-6454



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.