

Alzheimer's | ORANGE COUNTY

The Fit Brain Club of Laguna Woods Village Presents:
The Importance of Sleep for Brain Health

Monday, December 14 | 10-11 am

Join this special 1-hour presentation to learn how sleep affects the brain, how much sleep and what kind of sleep adults need for optimal health, and how to develop your own sleep hygiene for better brain function.

Presented by: Araksi Kirakosyan
Memory Programs Coordinator, Alzheimer's OC

To Register: <http://bit.ly/fbcDec20>

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.