

Alzheimer's | ORANGE COUNTY

The Fit Brain Club of Laguna Woods Village Presents: *Brain Fitness Exercises*

Monday, July 12 | 10-11 am

Join us for our first in-person class of 2021! 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!

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

24232 Calle Aragon
Laguna Woods, CA 92637
Clubhouse 1, Art Room
(Enter Gate 1 from El Toro)

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.