

The Fit Brain Club of Laguna Woods Village Presents:

7 Daily Actions: A Checklist for Longevity

Monday, August 9 | 10-11 am

Join us for a chat on steps you can take to boost longevity. Bring your questions!

Presented by: Dung Trinh, M.D.
Chief Medical Officer, Irvine Clinical Research

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.