

# The Fit Brain Club of Laguna Woods Village

## *Interested in Healthy Aging?*

Join us for our monthly meetings as various guest speakers present on topics related to brain health, memory, planning for the future, and more!

**The Fit Brain Club meets every 2nd Monday at 10 am.**



**May 9, 2022**

### **7 Daily Actions: A Checklist for Longevity**

*Dung Trinh, MD*

*Chief Medical Officer | Irvine Clinical Research*

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

**24232 Calle Aragon  
Laguna Woods, CA 92637**

**Clubhouse 1, Art Room**  
(Enter Gate 1 from El Toro)

Light refreshments provided by:  
**Adapt2It** Home Medical Supply



Fit Brain Club



**Alzheimer's**  
ORANGE COUNTY

**Helpline 844-373-4400**

**For more information, contact:  
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.

*For Laguna Woods Village Residents and their guests.*