

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.



July 11, 2022

Brain Fitness Exercises

Allyson Lehrich, LCSW

President | Cognitive Care Solutions

Join us for an interactive virtual class where 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!

**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.