

The Fit Brain Club of Laguna Woods Village Presents: *Managing Caregiver Stress*

Monday, September 13 | 10-11 am

Caring for another person can be rewarding, but it can also bring stress. We will talk through strategies for coping with the stresses that come with caregiving. Caregivers and non-caregivers alike are all welcome to join.

Presented by: Ben Allen

Programs & Education Specialist, AlzOC

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

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.