

# 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.

**February 13, 2023**

### **Help! My Neighbor has Memory Loss**

*Toni Shapiro, LCSW, CMC  
Licensed Clinical Social Worker  
Alzheimer's Orange County*



If you or someone you know has been experiencing memory loss, you are far from alone. It is estimated that 5.3 million Americans are living with Alzheimer's disease or another type of dementia. Memory loss at any age can cause feelings of anxiety, fear, and sadness. Learn what steps you can take and how Alzheimer's OC is here to help.

**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**



**Alzheimer's**  
ORANGE COUNTY

**Helpline 844-373-4400**

**For more information, contact:**  
**Mary Grace Carpenter [carpenter41mg@gmail.com](mailto:carpenter41mg@gmail.com)**

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.*

