

# 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.

## December 11, 2023

### Advance Care Planning, Part 2



*Kristen Maahs-Kolberg, B.S.*

*Associate Director, Community Outreach & Advocacy  
Alzheimer's Orange County*

Are you good to go? AlzOC returns to address your questions on Advance Care Planning. Planning for serious illness provides a gift of peace of mind for you, and those you love. This program will discuss how you can anticipate and identify your wishes, ensure those wishes are honored, and start the often difficult conversations with others.

23822 Avenida Sevilla **NEW!**

Laguna Woods, CA 92637

PAC - Clubhouse 3 -

Dining Room 2

Light refreshments provided by:

**Adapt2It** Home Medical Supply



Fit Brain Club



**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.

*For Laguna Woods Village Residents and their guests.*

