

# 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.

**March 11, 2024**

### **A Caregiver's Journey: My Three Lessons**

*Ben Allen*

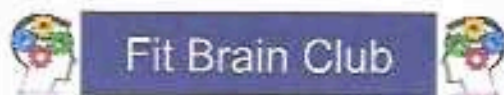
*Programs & Education Specialist, Alzheimer's Orange County*



Join our conversation with Ben Allen, care partner and educator for AlzOC, as he shares insightful perspectives from his caregiving journey, and offers practical tips for friends and family of loved ones experiencing memory loss and other cognitive changes.

**23822 Avenida Sevilla  
Laguna Woods, CA 92637  
PAC - Clubhouse 3 -  
Dining Room 2**

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.

*For Laguna Woods Village Residents and their guests.*