

The Fit Brain Club of Laguna Woods Village Presents: *Brain Fitness Exercises*

Monday, December 13 | 10-11 am

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!

Presented by: Allyson Lehrich, LCSW
President of Cognitive Care Solutions

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



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.

