



# MindFit: Optimize Your Brain Health

**Wednesday, July 8th | 2:00pm - 3:00pm**

**Susi Q Senior Center**

**380 3rd St, Laguna Beach, CA 92651**

Brain health can be fun, social, and interactive. In this one-hour session, participants will actively play games, puzzles, trivia, and other brain-boosting activities designed to support memory, attention, problem-solving, and mental flexibility. This class offers a lively, hands-on way to stay mentally engaged while connecting with others and having fun.



**Presented by:  
Marilyn Stemper,  
TheKey**

**Call (949) 464-6645 to RSVP**

Helpline: 844-373-4400 | [www.alzoc.org](http://www.alzoc.org)