



MindFit: Optimize Your Brain Health

Wednesday, October 14th | 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