
JOIN WITS FITNESS



BRAIN EXERCISE CLASSES

Join University of Illinois Educator Karla Belzer each month as she leads participants through interactive activities designed to exercise the brain to maintain and enhance cognitive function and memory. You are never too young or too old to get started training your brain, so join Karla in this fun and informative class.

MT. CARROLL PUBLIC LIBRARY, 208 N MAIN ST.
1:00-2:30 PM
THURSDAY'S IN 2020

FEBRUARY 6, MARCH 5, APRIL 2, MAY 7, JUNE 4,
JULY 2, SEPTEMBER 3, OCTOBER 1, NOVEMBER 5,
DECEMBER 3

Reminders:
Class is free and open to public
Welcome to join any time
No Classes in January or August

REGISTER ONLINE AT
GO.ILLINOIS.EDU/MCWITSFITNESS

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For more information:
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University of Illinois Extension provides equal opportunities in programs and employment.
If you need a reasonable accommodation to attend, call the registration office.