# My Body Feel Work Notice Be with Jeff Allen Breather Here Ry Lasten Breather Here Now The Ry Lasten Breather Here Ry Lasten Breather Ry La

#### **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.

YORK TOWNSHIP PUBLIC LIBRARY 1005 WEST MAIN ST. - THOMSON, IL 10:30-NOON THURSDAYS IN 2020

FEBRUARY 6, MARCH 5, APRIL 2, MAY 7, JUNE 24, JULY 20, SEPTEMBER 3, OCTOBER 1, NOVEMBER 5, DECEMBER 3

#### Reminders:

Class is free and open to public Welcome to join any time No Classes January or August Class Dates Changed in June & July

## REGISTER ONLINE AT GO.ILLINOIS.EDU/WITSFITNESS2

### I ILLINOIS Extension

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.