



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.

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

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ILLINOIS
Extension

For more information:
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