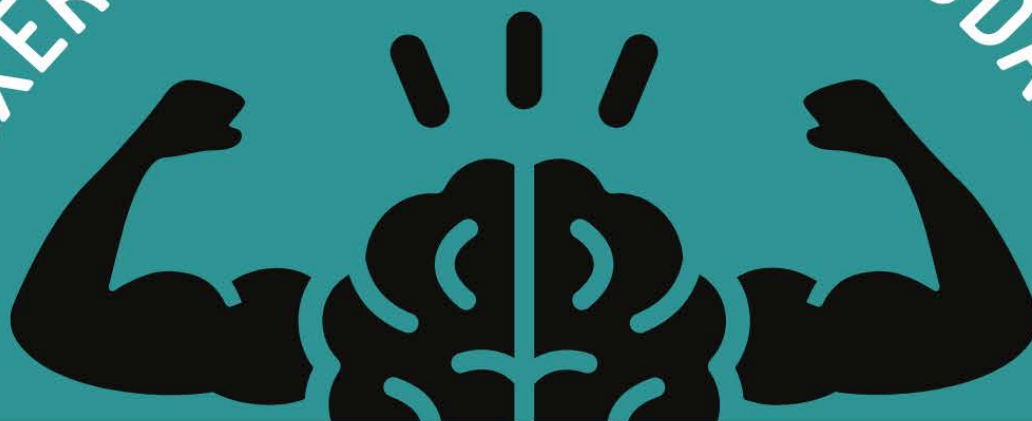




EXERCISE YOUR BRAIN TODAY!



JOIN WITS FITNESS

BRAIN EXERCISE CLASSES

Join University of Illinois Educator Cheri Burcham each month for engaging, hands-on activities that help boost cognitive function and memory. Whether young or old, it's never too early or too late to start training your brain! Join Cheri for a fun, informative class that's perfect for everyone looking to keep their mind sharp.

LOCATIONS AND SCHEDULE FOR 2025

**There will be no classes in July or December

First Mondays of the Month

LifeSpan Center: 10:00 - 11:30 AM

Shelby County Senior Center: 1:00 - 2:30 PM

Third Mondays of the Month

Eberhardt Village, Arthur: 3:00 - 4:30 PM

Fourth Mondays

Sullivan Senior Center: 1:00 - 2:30 PM

Fourth Fridays

Life Center, Toledo: 10:00 - 11:30 AM

Classes are free and open to the public. Stop in anytime!

For more information:
Cheri Burcham
Family Life Educator
cburcham@illinois.edu
217-543-3755

Illinois Extension

COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES

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University of Illinois Extension provides equal opportunities in programs and employment. If you need a reasonable accommodation to attend, call 217-543-3755.