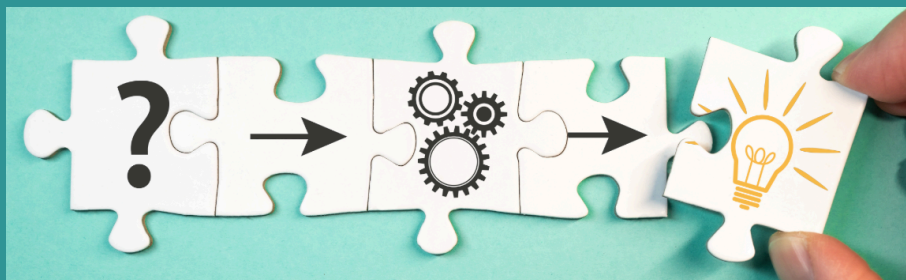




EXERCISE YOUR BRAIN TODAY!



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.

**There will be no classes in July or December

MID-ILLINOIS SENIOR SERVICES, SULLIVAN

Fourth Monday of the Month 1:00 - 2:30 PM

SHELBY COUNTY SENIOR CENTER

First Monday of the Month 1:00 - 2:30 PM

LIFESPAN CENTER OF COLES COUNTY

First Monday of the Month 10:00 - 11:30 AM

EBERHARDT VILLAGE, ARTHUR

Third Monday of the Month 3:00 - 4:30 PM

LIFE CENTER, TOLEDO

Fourth Friday of the Month 1:00 - 2:30 PM

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.