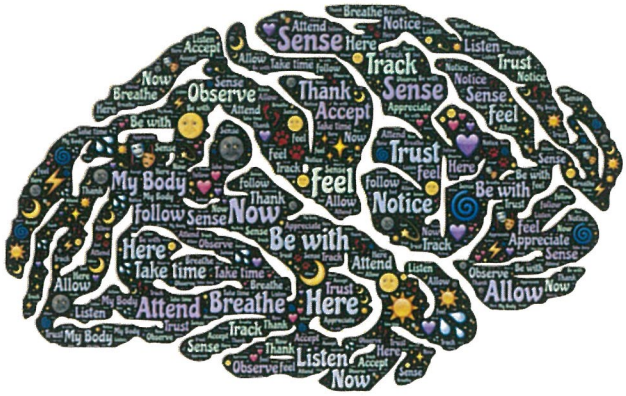

JOIN WITS FITNESS

BRAIN EXERCISE CLASSES

Join University of Illinois Educator Cheri Burcham 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 Cheri in this fun and informative class.

Life Center of Cumberland County
10:30-11:30 AM
Fourth Fridays in 2020 (unless a holiday)
JAN 24, FEB 28, MARCH 27, APRIL 24, MAY 29
JUNE 26, AUG 28, SEPT 25, OCT 23, NOV 20

Reminders:
Class is free and open to public
Welcome to join any time
No classes in July or December

If you have any questions, contact the Extension office at 849-3931.

COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES
University of Illinois | U.S. Department of Agriculture | Local Extension Councils Cooperating
University of Illinois Extension provides equal opportunities in programs and employment.
If you need a reasonable accommodation to attend, call the registration office.

ILLINOIS Extension

For more information:
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