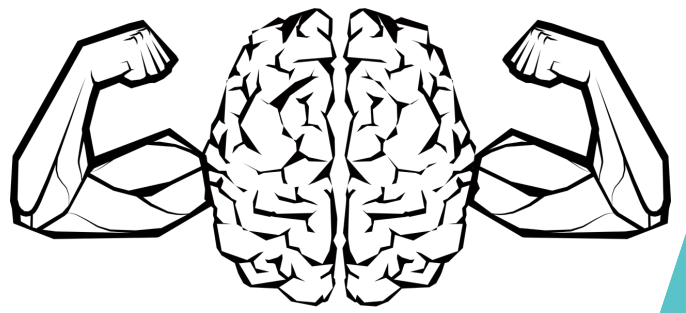


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JOIN WITS FITNESS

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.

Locations and Schedule for 2023

Shelby County Senior Center, First Mondays, 1:00 - 2:30 PM

Arthur Extension Office, Third Mondays, 3:00 - 4:30 PM

Sullivan Senior Center, Fourth Mondays, 1:00 - 2:30 PM

LifeCenter in Toledo, Fourth Fridays, 10:30 - 11:30 AM

LifeSpan Center, First Mondays, 10:00 - 11:30 AM

* There will be no classes in July or December

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

**If you have any questions, contact the
Extension office at 543-3755.**

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.

Illinois Extension

For more information:
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