



BRAIN HEALTH: IT'S A NO BRAINER

Join University of Illinois Extension for a free series all about memory change and aging, including tips and strategies to lessen everyday forgetfulness.

November 18 – Fit Wits

Fit Wits focuses on learning about how the brain works, normal aging changes and how to build the brain across the lifespan.

November 25 – Head Strong

By attending the Head Strong program, you can learn more about what you can do to keep your brain healthy and engaged.

December 2– Hold that Thought

This workshop will look at the memory process and what researchers say contributes to brain health, as well as strategies for helping with everyday forgetfulness.

Register by November 14 at the Library, by calling 815.632.3611, or online at go.illinois.edu/MorrisonBrainHealth

**Mondays
10:00-11:30 a.m.**

**Morrison Public
Library
307 Madison Street
Morrison, IL**

Free!

I ILLINOIS
Extension

**COLLEGE OF AGRICULTURAL, CONSUMER
& ENVIRONMENTAL SCIENCES**

University of Illinois, U.S. Dept. of Agriculture, Local Extension Councils Cooperating. | University of Illinois Extension provides equal opportunities in programs and employment. | If you need a reasonable accommodation to participate, please let us know at 815.632.3611.