## WITS FITNESS

## **BRAIN EXERCISE CLASSES**

JOIN

Join University of Illinois Educator Karla Belzer 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 Karla in this fun and informative class.

STERLING PUBLIC LIBRARY-102 WEST THIRD ST. 10:00-11:30 AM THURSDAY'S IN 2020

JANUARY 23, FEBRUARY 27, MARCH 26, APRIL 23, JUNE 25, JULY 22, AUGUST 27, SEPTEMBER 24, OCTOBER 22, DECEMBER 17

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

## REGISTER ONLINE AT GO.ILLINOIS.EDU/WITSFITNESS

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: Karla Belzer Family Life Educator kbelzer@illinois.edu 815-632-3611