



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



Keys for Embracing Aging:

Attitude

Monday, July 18, 2022

2pm • Broadway Plaza, Auxiliary Room B

A positive attitude affects overall happiness, health, and well-being. A positive attitude can also help you better manage life's transitions and challenges. Join us as ***Robin Ridgley with the University of Illinois Extension***, shares how our attitude can help us grow older gracefully, successfully, and with increased longevity.



SPACE IS LIMITED!

Call Jennifer to register by Noon on Friday, July 15, 2022.

(618) 443-1467