



Illinois Extension  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



# Keys for Embracing Aging: Eating Smart & Healthy

**Monday, August 29, 2022**

**2pm • Broadway Plaza, Auxiliary Room B**

Eating right can help prevent illness and chronic disease. It can also provide you with more energy so that you can be alert and a better decision maker. Eating healthy includes a well-balanced diet and a healthy relationship with food. Join us as **Robin Ridgley with the University of Illinois Extension**, shares how eating smarter can help us grow older gracefully, successfully, and with increased longevity.



**SPACE IS LIMITED!**

Call Jennifer to register by Noon on Friday, August 26, 2022.

**(618) 443-1467**