



Illinois Extension  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



Keys for Embracing Aging:

# Brain Activity

**Monday, October 31, 2022**

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

A healthy brain is crucial to survival, growth, and everyday successes. Like the rest of the body, the brain needs exercise and maintenance in order to optimize and protect its current and future health. Join us as ***Robin Ridgley with the University of Illinois Extension***, shares how keeping our brain active can help us grow older gracefully, successfully, and with increased longevity.



**SPACE IS LIMITED!**

Call Jennifer to register by Noon on Friday, October 28, 2022.

**(618) 443-1467**