



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



Keys for Embracing Aging: **Social Activity**

Monday, November 21, 2022

2pm • Broadway Plaza, Auxiliary Room B

Engaged people are often healthier, happier, less depressed and demonstrate enhanced brain vitality. Social activity also improves academic performance, inspires a positive attitude, enhances self-esteem, connects you to family and peers and reduces the risk of illnesses and disease. Join us as **Robin Ridgley with the University of Illinois Extension**, shares how socializing can help us grow older gracefully, successfully, and with increased longevity.



SPACE IS LIMITED!

Call Jennifer to register by Noon on Friday, November 18, 2022.

(618) 443-1467