



Keys for Embracing Aging:

Tuning In To The Times

Monday, December 19, 2022

2pm • Broadway Plaza, Auxiliary Room B

Staying in tune to the times throughout life promotes lifelong learning, which increases knowledge, problem solving and decision making. Staying on top of the latest technology and keeping up with the news also enhances brain stimulation and helps broaden social opportunities and networks. Join us as ***Robin Ridgley with the University of Illinois Extension***, shares how staying in tune to the times can help us grow older gracefully, successfully, and with increased longevity.



SPACE IS LIMITED!

Call Jennifer to register by Noon on Friday, December 16, 2022.

(618) 443-1467