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# JOIN WITS FITNESS

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## BRAIN EXERCISE CLASSES

Join University of Illinois Educator Karla Belzer each month as she leads participants through interactive activities designed to exercise the brain to maintain and enhance cognitive function and memory. You are never too young or too old to get started training your brain, so join Karla in this fun and informative class.

**O'DELL PUBLIC LIBRARY**  
**307 S MADISON - MORRISON, IL**  
**10:00-11:30 AM**  
**MONDAYS IN 2020**

**JANUARY 13, FEBRUARY 10, MARCH 9, APRIL 20, MAY 11,**  
**JUNE 15, JULY 13, AUGUST 10, OCTOBER 19, NOVEMBER 9,**  
**DECEMBER 14**

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**Reminders:**  
**Class is free and open to public**  
**Welcome to join any time**  
**No Class In September**

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**REGISTER ONLINE AT**  
**GO.ILLINOIS.EDU/ODELLWITSFITNESS**

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For more information:  
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COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES  
University of Illinois | U.S. Department of Agriculture | Local Extension Councils Cooperating  
University of Illinois Extension provides equal opportunities in programs and employment.  
If you need a reasonable accommodation to attend, call the registration office.