



BRAIN HEALTH: IT'S A NO BRAINER

Join University of Illinois Extension and Alzheimer's Association for a free series all about memory change and aging, including tips and strategies to lessen everyday forgetfulness.

February 5 - Hold That Thought

This workshop will look at the memory process and what researchers say contributes to brain health, as well as strategies for helping with everyday forgetfulness.

February 12 - Head Strong

By attending the Head Strong program, you can learn more about what you can do to keep your brain healthy and engaged.

February 19 - Know the Ten Signs

Presented by the Alzheimer's Association - This program includes a basic overview of Alzheimer's disease and covers risk factors, diagnosis, and the benefits of early detection.

February 26 - Fit Wits

Fit Wits focuses on learning about how the brain works, normal aging changes and how to build the brain across the lifespan.

**Register by January 26 by calling 217.333.7672
or online at go.illinois.edu/BrainHealthStJoe**

**Tuesdays this
February
1-2:30 p.m.**

**St. Joseph
Township Library
201 N 3rd St
St. Joseph, IL**

Free!