



UNIVERSITY OF ILLINOIS  
EXTENSION

*Extending Knowledge Changing Lives*

University of Illinois Extension— Unit 4  
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# Wits Fitness



## 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.

**Location:** Sterling Public Library, 102 West Third St., Sterling, IL

**Time:** 10-11:30 AM

**Dates:** Tuesday's in 2018 (no classes in June or September)

January 23, February 27, March 27, April 24, May 22, July 24,  
August 28, October 23, November 27, December 18

Class is free and open to the public. You are welcome to join any time.

Call 815-632-3611 or register online: [go.illinois.edu/witsfitness](http://go.illinois.edu/witsfitness)

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