

spring into
**HEALTHY
LIVING**

This education program will
be offered **all over ILLINOIS.**

**Find a location
NEAR YOU and join us!**

**HEALTHY LIVING FOR YOUR BRAIN & BODY:
Tips From The Latest Research**

Thursday MARCH 19, 2020

CARTERVILLE | 6-7:30 p.m.

John A Logan College
700 Logan College Road

CHAMPAIGN | 10:30 a.m. - Noon

Parkland College on Mattis
1315 N. Mattis Avenue

CHICAGO | 2:30-4 p.m.

HealthCare Plus
3949 N. Pulaski Road
Program in Spanish

EFFINGHAM | 6-7:30 p.m.

Effingham Library
200 N. 3rd Street

FREEPORT | 5:30-7 p.m.

Senior Resource Center
206 E. Stephenson Street

GALESBURG | 5:30-7 p.m.

Cottage Hospital
695 N. Kellogg Street

JOLIET | 2-3:30 p.m.

Joliet Library
150 N. Ottawa Street

LAKE ZURICH | 1-2:30 p.m.

Ela Public Library
275 Mohawk Trail

MARION | 11 a.m.-12:30 p.m.

The Hub
917 W. Main Street

MATTOON | 6-7:30 p.m.

Lake Land College
305 Richmond Ave
Webb Hall Rm 081

NORMAL | 10-11:30 a.m.

The ARC
600 E. Willow Street

PEKIN | Noon-1:30 p.m.

Pekin Public Library
301 S. 4th Street

PEORIA | 5:30-7 p.m.

Alzheimer's Association Office
614 W. Glen Avenue

PULLMAN | 2-3:30 p.m.

The Blue Door Neighborhood Center
756 E. 111th Street

QUINCY | 5:30-7 p.m.

Quincy Library
526 Jersey Street

RIVERSIDE | 11 a.m.-12:30 p.m.

Solutions for Care
7222 W. Cermak Avenue, Ste 200
Program in Spanish

ROCKFORD | 6-7:30 p.m.

Van Matre Encompass Health
950 S. Mulford Road

ROMEOVILLE | 8:30-10 a.m.

Senior Star Weber Place
605 Edward Drive

SPRINGFIELD | 12:15-1:45 p.m.

Senior Services of Central Illinois
701 W. Mason Street

SPRINGFIELD | 6-7:30 p.m.

The Villas of Holly Brook & Reflections
3401 Hedley Road

WOODLAWN | 6-7:30 p.m.

Akarama Foundation
6220 S. Ingleside Avenue



To register, please call **800.272.3900**
Questions? madams@alz.org



An Educational program presented by the

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