



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 (CHICAGO) | 12-1 p.m.**

The Blue Door Neighborhood Center  
756 E. 111th Street, Chicago

**QUINCY | 5:30-7 p.m.**

Quincy Library  
526 Jersey Street

**NORTH 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 (CHICAGO) | 6-7:30 p.m.**

Akarama Foundation  
6220 S. Ingleside Avenue, Chicago

To register, please call **800.272.3900**

**Questions? [madams@alz.org](mailto:madams@alz.org)**



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