



THE BROOKFIELD AGING WELL TEAM

INVITES YOU TO ...

TRAIN TODAY. PROTECT TOMORROW

*Hear why movement and exercise are essential for brain health
with Halle McCormick, an Alzheimer's Fitness Specialist.*

*During this program, you will complete an exercise program for
any level and gain an understanding of why adding a cognitive
stimulus to your exercise program provides an even greater
benefit. You will leave feeling connected, happy and energized.
We need to do all we can to push dementia down the road and
live our most fulfilled lives.*

MONDAY, OCT. 20, 2025 from 10 a.m. to 11:30 a.m.

Located at: **Cantata Wye Valley**
8700 31st St., Brookfield, Illinois

**YOGURT PARFAITS AND OTHER REFRESHMENTS WILL
BE SERVED!**

******LIMITED SEATING******

Please R.S.V.P. by Oct. 15, 2025

To Hitzeman Funeral Home

708-485-2000

Or info@hitzemanfuneral.com

Anti-Discrimination Statement

Aging Care Connections does not discriminate in admission to programs or treatment of employment in compliance with appropriate state and federal statutes. If you feel you have been discriminated against, call 708-354-1323.

Aging Care Connections

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