Join Marilyn Csernus for a once a month series on Fridays to learn about making healthy lifestyle changes that promote brain, heart, and overall health. Learn how to incorporate healthy choices into your everyday life.

Ida Public Library
320 N. State St. Belvidere

Registration:
Cost: FREE
Call Ida Library at 815-544-3838 to register for all of these programs.

10 participant minimum to hold each class. Register early to reserve your spot.

If you need a reasonable accommodation to participate in these programs, please contact the Boone County Extension office at 815-544-3710.