



Get CHARGED!

A 1-Hour Interactive Brain Health Experience

Curious about how stress affects your brain—and what you can do about it? **Get CHARGED** is a dynamic, hands-on class designed to help you better understand ways to improve your cognitive health. Through engaging activities, practical strategies, and guided discussion, you'll learn simple ways to support both your emotional and cognitive well-being.

Tuesday, May 19, 2026 • 11am–Noon

Evanston Public Library, 1703 Orrington Ave, Evanston

What You'll Learn

- How stress affects memory, attention, and overall brain function
- Education on the connection between stress, mood, and cognitive health
- The connection between stress, resilience, and healthy aging
- Everyday strategies and practical tools to help you feel calmer, more focused, and in control

Who Should Attend

This class is ideal for anyone who:

- Is interested in supporting both emotional and cognitive well-being
- Wants to be proactive about brain health
- Enjoys learning through interaction and discussion
- Is looking for realistic, enjoyable ways to improve daily well-being

Registration required. Space is limited.

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cje SeniorLife
Jewish values for positive aging



This program is a partnership between
CJE SeniorLife and the Evanston Public Library



Since 1972, CJE SeniorLife has been dedicated to helping older adults live better every day connected to the community of their choice with access to trusted care and a full range of services, rooted in Jewish values. We enhance the lives of older adults and their families regardless of religion, sex, race, ethnicity, disability, sexual orientation, gender identity, or national origin.

Adult Day Services 1015 Howard Street, Evanston IL | cje.net/adsevanston | 773.508.1000

CJE SeniorLife® is a partner with the Jewish United Fund in serving our community.

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