



# Get CHARGED!

## A 1-Hour Interactive Brain Health Experience

Curious about how staying socially connected impacts your brain and why it matters as you age? **Get CHARGED** is a dynamic, hands-on class designed to help you better understand the powerful role of social engagement in cognitive health.

**Tuesday, August 25, 2026 11am–Noon**

**Evanston Public Library, 1703 Orrington Ave, Evanston**

### What You'll Learn

- How social connection supports memory, mood, and overall brain function
- The role of social engagement in resilience and healthy aging
- Everyday strategies and practical tools to help you stay connected, engaged, and supported

### 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

**Registration required. Space is limited.**



**CLICK OR SCAN  
HERE TO REGISTER**



For more information: [sarah.cohen@cje.net](mailto:sarah.cohen@cje.net) or 773.508.4923

**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.

**Zoller/Kaplan Families Center for Cognitive Services** 1015 Howard Street, Evanston IL | [cje.net/adsevanston](http://cje.net/adsevanston) | 773.508.1000

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

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