
PARKS AND RECREATION DIVISION

FOR IMMEDIATE RELEASE

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July 11, 2024 -- Grinnell Hall is hosting a discussion on memory, thinking and the habits of healthy aging at 10am Monday, July 15.

Members from the Okonkwo Lab at UW-Madison will lead a discussion on SuperAgers and the healthy habits they share. This will be an active learning opportunity so come prepared for light movement, learning, and engaging in memory strategies and evidence-based approaches for taking care of your brain. Light refreshments and giveaways will be provided.

Presenter Monica Bruce is a study coordinator for the SuperAging Research Initiative at UW-Madison. She has experience delivering speech language pathology services in outpatient and skilled nursing settings with older adults. The presentation is free and open to everyone.

For additional information, please call Grinnell Hall at 608-364-2875. Grinnell Hall is located at 631 Bluff St., Beloit.

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