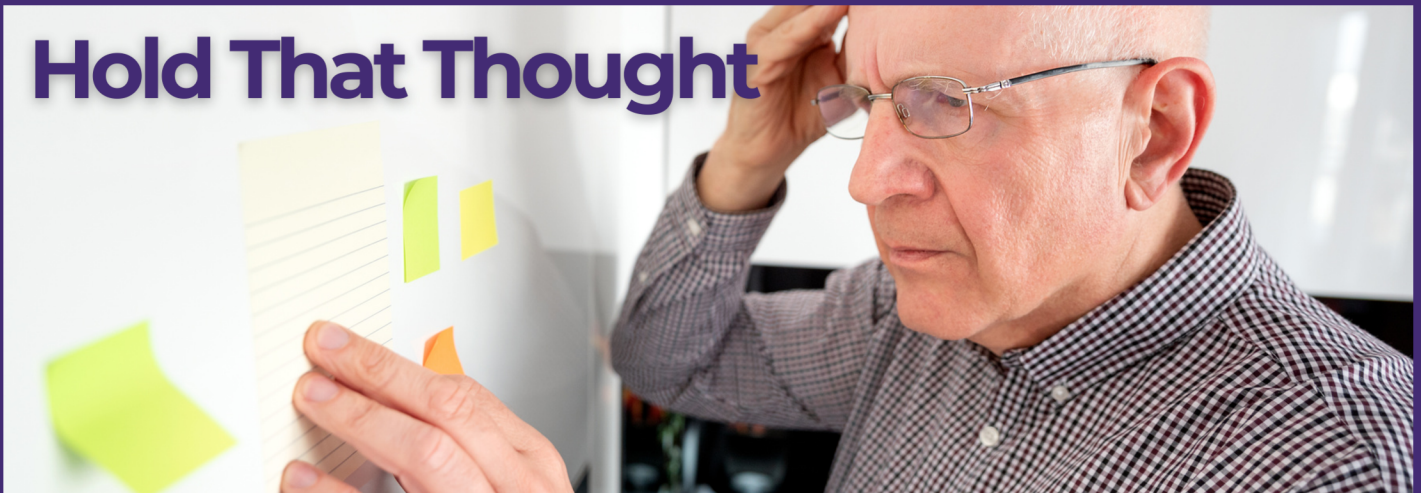


# Hold That Thought



## SEPTEMBER 24, 2025 at 1 PM

Have you ever gone into a room and forgotten why you went in there? If your answer is “yes,” you are not alone. Memory does change as we age, but forgetfulness is common for people at all stages of life. In this session you will learn about the memory process, including types of memory, and strategies for helping with everyday forgetfulness.

## Event Location

James W. Ford Resource Center  
19001 S. Cicero Ave., Country Club Hills



## Presenter

As a Family Life Educator for 30 years with the University of Illinois Extension, Molly Hofer has been teaching about a variety of life issues, including intergenerational relations, healthy aging, retirement, adult caregiving and family communication. Through an interactive, facilitative approach, she aims to promote healthy lifestyle decisions, effective family communication, and management of life transitions.



**Illinois Extension**

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

## REGISTRATION REQUIRED

Call the James W. Ford Resource Center at 708.374.7899 to register



# Pathlights

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Pathlights guides people along the path to aging in South & Southwest Suburban Cook County.

Call 708.361.0219  
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