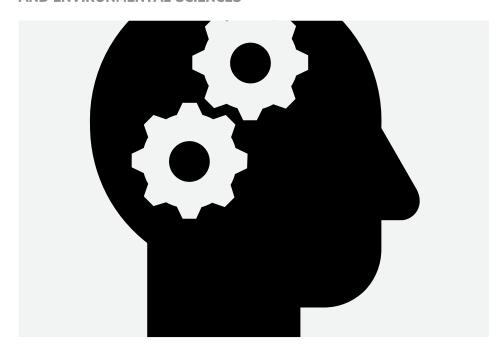
COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES



Wits Workout

Join us for an engaging, interactive, and educational brain health program! Current aging research suggests keeping active and exercising our brains promotes overall health and wellness!

Wits Workout is challenging but fun and the sessions are designed so all adults can participate.

You may attend any sessions you like as they are not presented in a particular order.

All materials and supplies will be provided, and participation is FREE!

Register here: https://go.osu.edu/witsworkoutspring2023 or with Angela Millsap (513)-217-2495

For more information, contact Heather Reister at reister.6@osu.edu



CFAES

Attend as many or as few sessions as you like

March 8 11:30-12:15

April 5
11:30-12:15

May 15 12:15-1:00

June 7 11:30-12:15

July 5 11:30-12:15

LOCATION:

All sessions will be held at: Central Connections 3907 Central Avenue Middletown, Ohio 45044

EVENT SPONSORS:

Ohio State University Extension, Butler County https://butler.osu.edu/

&

Central Connections
https://www.valleycentral.org/
central-connections

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information, visit cfaesdiversity.osu.edu. For an accessible format of this publication, visit cfaes.osu.edu/accessibility.