



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



THE OHIO STATE UNIVERSITY
EXTENSION

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>

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