

WITS WELLNESS

A Research Study

Call today
to see if you
qualify!

- Inviting adults 50 years old and older to participate in a **FREE** 12-week health & wellness research study!

IF YOU QUALIFY,
YOU GET:

- ✓ Knowledgeable & friendly University of Illinois staff
- ✓ 12-sessions of facilitator led workshops
- ✓ Compensation for research related assessments and participation (up to \$60)

STUDY DELIVERY

Each hour long session will cover a new health and wellness topic.

Sessions will take place at Extension offices or partner locations. Backup option will be online delivery. ****Strict COVID 19 precautions enforced****

Spots are limited, but everyone will receive the program over the next 12 months.

We are looking for men and women who meet the following criteria:

- Age 50+
- No diagnosis of Alzheimer's or related dementia
- Will attend sessions and complete pre & post assessments

If you would like to participate in the Wits Wellness Study, please contact, Julie Bobitt by:

- phone - 312.355.0247,
- email - jbobitt@uic.edu, or
- online - go.illinois.edu/witswellness

Location:

Mattoon Public Library
1600 Charleston Avenue
Mattoon, IL
Wed 8/18 - 11/10
10:00 - 11:00 am
(no class 11/3)

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