

# 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](mailto:jbobitt@uic.edu), or
- online - [go.illinois.edu/witswellness](http://go.illinois.edu/witswellness)

### Location:

University of Illinois Extension  
402 Ava Road  
Murphysboro, IL  
Wed 8/18 - 11/10  
(no class 11/2)  
10:30 - 11:30 am

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Funded by the Midwest Roybal Center for Health Promotion and Translation