WITS WELLNESS
A Research Study

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

Funded by the Midwest Roybal Center for Health Promotion and Translation
University of Illinois | U.S. Department of Agriculture • Local Extension Councils Cooperating • Illinois Extension provides equal opportunities in programs & employment. If you need a reasonable accommodation to participate, call us at 217.333.7672