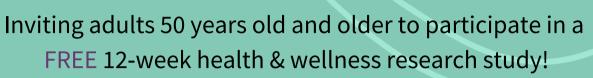
WITS NELLNESS A Research Study



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)

Call today to see if you qualify!

STUDY DELIVERY

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

Sessions will take place online.

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



Funded by the Midwest Roybal Center for Health Promotion and Translation

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