

# 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 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

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

- 312.355.0247,
- [jbobbitt@uic.edu](mailto:jbobbitt@uic.edu), or
- [go.illinois.edu/WITSWellnessOnline](http://go.illinois.edu/WITSWellnessOnline)

## Two Online Options:

Tues 8/31 - 11/16  
10:00am - 11:00am  
or

Thurs 9/2 - 11/18  
6:00pm - 7:00pm

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