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: St. Joseph Twp - Swearingen Memorial Library
201 N. 3rd St.
St. Joseph, IL
Th 9/2 - 11/18
10:00 - 11:00 am

Call today to see if you qualify!