

Wits Workout Virtual Series

Join OSU Extension's Aging Team for an engaging, interactive, and educational **brain health** program. **Wits Workout** will help exercise your brain to help promote overall health and wellness.



Wednesdays in October 10 a.m. to 11 a.m.

Topics include:

October 4th - Focus and Attention

October 11th - Sleep and Brain Health

October 18th - Socialization and Brain Health

October 25th - Long Term Memory

The series is FREE, but registration is required. To register, please go to: <https://go.osu.edu/witsworkoutvirtualseries>

Prior to the class, a zoom link will be sent to everyone who registers. For more information, please contact Kathy Tutt at 937-398-7607 or tutt.19@osu.edu.