

CFAES



WARREN COUNTY EXTENSION PRESENTS

Wits Workouts

Did you know that intellectual engagement and social connectedness are two lifestyle factors that contribute to your brain's health? Simply put, coming together and learning new things is good for your noggin! Join Laura Stanton, OSU Extension Educator, for these free *Wits Workouts* on Wednesday mornings in May. You'll engage in fun, interactive puzzles and games and learn what you can do in your daily life to keep your brain healthy.

To register, please call Julie Fennessey at (513) 932-1424 Ext.148 or email her at:

julie.fennessey@ymcastaff.org

Questions? Call Laura at 513-695 1311 or email her at stanton.60@osu.edu

DATES:

Wednesdays

May 1, 8, 15, and 22

TIME:

10:30–11:30 AM

LOCATION:

Countryside YMCA

Stolle Center

1699 Deerfield Road

Lebanon, OH 45036



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