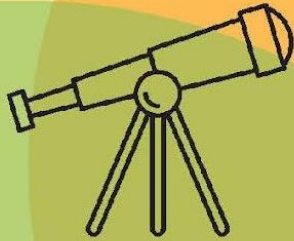




# WITS WORKOUT™



Join us for fun brain teasers, games, and puzzles that get you thinking. **WITS Workout** combines intellectually stimulating exercises, social interaction, and education about brain health in a friendly, engaging, way for older adults!

#### WHAT TO EXPECT:

Each session will start with a fun activity to help participants get to know each other. Then there will be a short brain training topic. The session will wrap up with a group activity.

WHEN: 11a-noon , 2<sup>nd</sup> Tuesday of the month

LOCATION: TBD

Preregistration required:  
DPH Counseling

Deborah Hammond LCSW

Chicago Illinois 60615

Phone Number 773 312 7104

<https://www.dphcounseling.com>

Start Date: September 8<sup>th</sup>, 2026.

