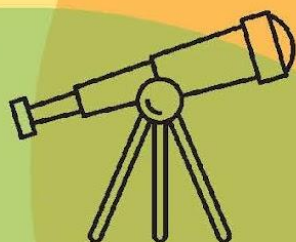




WITS WORKOUT™



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 monthly 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.

LOCATION: Chicago Bee Library Meeting Room
3647 S State Chicago, IL 60609

Preregistration required:
DPH Counseling

Deborah Hammod DHSC,
LCSW

Phone Number 773 312 7104

<https://www.dphcounseling.com>

Start Date: 11a-noon Tuesday
September 8th, 2026.

