

WITS WORKOUT

Did you know that social connectedness and intellectual engagement are two lifestyle factors that contribute to your brain's health?

Simply put, coming together and learning new things are good for your noggin! Join the **Wits Workout** group where you'll engage in all kinds of interactive puzzles and games and learn what you can do in your daily life to keep your brain healthy.

**DATES: Wednesdays,
beginning January 8th, 2025
through June 18th
TIME : 1pm to 2pm**

**LOCATION: Peotone Park District
8 Blue Devil Dr
Peotone, IL**

REGISTRATION INFORMATION
**Please call at 815-933-7791 ext: 9910
to register**

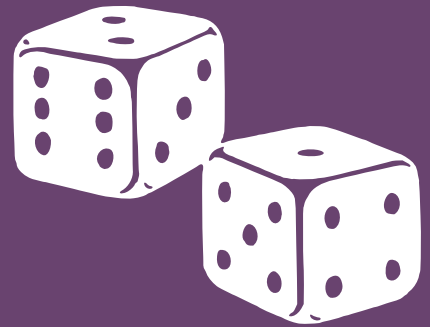
Dates listed are subject to change due to scheduling conflicts or extreme weather. Participants will be notified prior to any changes. Participants are required to register for classes.



**catholic
charities**
Diocese of Joliet

Wits Workout

is a program developed by University of Illinois



Peotone Park District