

**CFAES**



**2025 DATES:**

**Wednesdays**

**Jan 8, 15, 22 and 29**

**Feb 5, 19, and 26**

**TIME:**

**9:00–10:15 AM**

**LOCATION:**

**Kingswood Park  
Activity Center**

**4188 Irwin Simpson Rd  
Mason, OH 45040**



**THE OHIO STATE  
UNIVERSITY**

EXTENSION



# 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 a six-week series of free *Wits Workouts* on Wednesdays starting in August. You'll engage in fun, interactive puzzles and games and learn what you can do in your daily life to keep your brain healthy.

Please register at:

<https://deerfieldoh.myrec.com>

**Questions?** Call Laura at 513-695 1311 or email her at [stanton.60@osu.edu](mailto:stanton.60@osu.edu)

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