



# WITS WORKOUT

Many factors contribute to brain health throughout life. Two of these factors include intellectual challenge and social connectedness. WITS Workout provides a purposeful opportunity to engage intellectually and socially.

Join Adult Development and Aging Agent, Jordan Schuette for two different WITS Workouts. Please RSVP for this free program by calling RVED - Washington County Office at 785-325-2121.

## “Baby Steps”

Thursday, January 22nd

11:00 a.m.

Washington Public  
Library  
116 E 2<sup>nd</sup> St.  
Washington, KS 66968

## “Take a Number”

Thursday, February 26th

11:00 a.m.

Washington Public  
Library  
116 E 2<sup>nd</sup> St.  
Washington, KS 66935

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