



WITS WORKOUT

 Cooperative
Extension Service

**An Interactive Brain Health Program for
Older Adults**

Keep Your Brain Sharp with Wits Workout

Join us for fun, interactive sessions designed to boost brain health and build social connections. Wits Workout offers engaging puzzles and activities that challenge your mind and encourage conversation—all in a supportive group setting. Stay sharp, stay social, and have fun doing it!

April 30 | May 28 | June 26

10am at Grayson County Extension Office

Register online by visiting grayson.ca.uky.edu/events or call the
Extension Office at 270-259-3492

**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.