

We are looking for 20 people to participate in this cutting-edge research project.



“Brain Gym”

*We are currently conducting a new research study to better understand how cognitive exercises affect your overall mental health and ability. Participants will engage in an **eight-week** cognitive training course and have their cognitive ability monitored for changes.*

What’s Involved:

- 15 minute Initial Screening Interview
- Weekly Questionnaires
- Cognitive Testing
- Cognitive Activities

How to Participate:

Contact Lindsey for additional information at lgerlick@independencehealth.org
(224) 654-6300
www.independencehealth.org

Inclusion criteria:

65+ without significant visual limitations.

Researchers believe that the most efficient way to build more connections between brain cells is to learn something.

Stress is bad for the brain and the body. Learn to counter it by activating your relaxation state.

Regular physical activity can prevent or delay signs of dementia

