

Concerned about your Thinking Skills or Memory?

Free Training Programs are Available!

You may be eligible for a research study.

We are comparing the benefits of training programs for age-related cognitive changes.

Training programs will take place in seniors centres in Toronto. Programs include group and individual sessions over 10 weeks.

Before and after the program participants will be tested at Baycrest to see if the training program helps you.

Some financial compensation will be provided for study participation.

Eligible persons are:

- Experiencing changes with memory and/or thinking skills
- Able to identify everyday life activities they want/need to do but are having trouble with
- 60-85 years of age

APPROVED BY
BAYCREST REB

Participation is CONFIDENTIAL.

**A Baycrest Brain Healthy Aging Project:
416-785-2500 ext. 3377**

Please participate! Contact us for more information.

