ARE YOU 65 YEARS OLD OR OLDER?
DO YOU WANT TO IMPROVE YOUR MEMORY?

You may qualify to participate in an exercise and virtual reality cognitive training study. Participants involved in this 3-month study will:

- work with exercise and/or cognition specialists
- have their fitness, memory and thinking assessed 2 times
- be compensated
- receive gym membership reimbursement (location-dependent)

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Purpose of the study
The purpose of the study is to test how a 3-month exercise and virtual reality cognitive training program affects cognition and fitness in people who want to improve their memory.

ABOUT THE EXPERIENCE
A specialist will work with you three times per week in a combination of exercises and cognitive training activities, dependent upon group assignment.
• You will be screened to make sure exercise is safe for you
• You will take part in the activity at your own pace
• Your memory, thinking and fitness will be assessed 2 times

STUDY SPONSOR
National Institute on Aging
National Institutes of Health

TO LEARN MORE OR ENROLL IN THE STUDY PLEASE CONTACT:
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