

**Baycrest**

## 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

**Participation is CONFIDENTIAL.**

APPROVED BY  
BAYCREST REB

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

Please participate! Contact us for more information.

