

Concerned About Your Thinking Skills or Memory? Free Training Programs are Available!

We are comparing the benefits of cognitive training programs to help older adults keep their brain healthy and maintain their independence as they age.

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

Before and after training, participants will be tested at Baycrest to explore training results.

Some financial compensation will be provided for participation.

You may be eligible to participate in this research study if you are:

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

Participation is CONFIDENTIAL.

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

