

Would you like to learn about memory while participating in a research study?



The Cognitive Health and Aging Lab at the University of Windsor is looking for healthy people ages 50 and older who would like to participate in a research study about an online education program to learn about memory and how to keep your brain healthy as you get older.

The study will be done completely over the Internet. The study will involve:

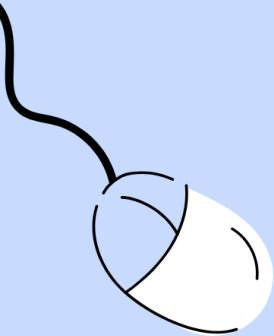
- Participating in 1-hour virtual group sessions once per week for 5 weeks, where you will discuss memory strategies and how to improve your cognitive health
- Watching online education videos and doing activities about memory on your own time between group sessions
- Answering basic demographic and health questionnaires and completing memory tests in the week before and after you complete the program, to test whether it is effective

Participants will receive \$50 as compensation for completing this study!

The study will run 7 weeks in total. Participants will also be invited to give feedback about the program once it has finished.

To be eligible to participate, you must:

- **Be 50 years of age or older**
- **Currently live in Ontario**
- **Have access to a computer and the Internet**
- **Be fluent in English**



If you are interested in participating or would like to learn more, please contact us!

Phone: 519-253-3000 ext 3704

Email: CHAlab@uwindsor.ca

This study has been cleared by the University of Windsor and Baycrest Research Ethics Boards.

