

Research Subjects Needed



ACT Study

(Efficacy and Mechanisms of Combined Aerobic Exercise and Cognitive Training in MCI)

PI: F. Vankee Lin, PhD

- **Do you feel as though you may have minor memory difficulties, or notice a small decline in your memory or thinking capabilities?**
- **Are you at least 65 years of age?**

If you answered **'Yes'** to both questions, you may be eligible to participate in a combined exercise and cognitive enhancement training study!

What is involved if I qualify to participate?

- Participating in a 6-month intervention program developed specifically for you, aimed at improving cognitive and overall health
- Intervention programs involve cognitive training on a computer, exercising, or a combination of both, up to 3x a week, with personalized training from our staff
- Up to 5 cognitive assessments & cardio stress-tests, and 4 MRI brain scans, over 18 months

Additionally:

- All assessments and testing will be done in a private room at our lab
- All training will be done in community centers or gyms
- Up to \$160 for participating, and a free 6-month training membership!

To learn more, you can:

Call: (585) 276-6834 or 276-5999

OR

E-mail: cogtlab@urmc.rochester.edu

OR

Provide your name and contact information below:

Name: _____ Phone: _____

Best time to call: _____ E-mail: _____

Completed form may be mailed back to either of our mailing addresses:

CogT Lab at the Annex (Attn: ACT)
430 Elmwood Ave, PO Box 278917
Rochester, NY 14627

OR

CogT Lab (Attn: ACT)
255 Crittenden Blvd, Box SON
Rochester, NY 14642