

MEMORY AND AGING

TESTING AN 8-WEEK PROGRAM AIMED TO PROMOTE HEALTHY AGING

OLDER ADULT RESEARCH PARTICIPANTS NEEDED!!!

Ages: **63**+

Participation includes:

- 1. Participation in a program aimed at promoting healthy aging: Includes 8 weekly sessions (lasting 2.5 hours each)
 - 2. One before- and one after-program testing session: includes completion of cognitive testing (to assess your memory) and filling out questionnaires relating to mood and well-being (lasting-60 minutes each)

All sessions will take place at Ryerson University

In addition to free course instruction and material, research participants will receive \$20 for the 2 testing sessions and \$40 reimbursement for cost of transit.

If interested, please call (416) 979-5000 ext 3233

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Email: star.lab@psych.ryerson.ca

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