What's In It For Me?

- You will receive feedback regarding the findings of the cognitive assessment.
- You can receive up to $100.00 for the completion of all three assessments (paid in installments at each assessment.)
- You will help us learn about improving people's cognition as they age.

UC San Diego Health System Memory, Aging, and Resilience Clinic

Impact of Combined Behavioral Interventions on Cognitive Outcomes in MCI

UCSD

Study Coordinator
Phone: (858) 552-8585
Email: sjurick@ucsd.edu

Principal Investigator:
Amy Jak, Ph.D
About The Study

The purpose of the study is to learn more about how daily activities can impact people's thinking skills as they age.

Looking For Those Who Are:

- Between the ages of 60 – 80
- Not currently exercising regularly or participating in any cognitive computer training
- Possibly experiencing some changes in thinking or memory
- Generally medically healthy

Other Information

- You will be screened for medical history
- There will be three neuropsychological examinations, including memory testing
- You will receive a pedometer to track your step count and/or access to a computer 'brain training' program
- Your participation is always voluntary

The study investigates whether incorporating regular walking, cognitive training on a computer, or both can affect one's thinking and memory.

Interested?
Contact: Sarah Jurick, M.S Study Coordinator (858) 552-8585 x2670