

ARE YOU OR A LOVED
ONE CONCERNED ABOUT

MEMORY CHANGES?

UCLA is conducting a remote exercise study on memory loss and dementia prevention.

You may be eligible to join.



What to Expect

- ✔ Participate in a program aimed at supporting memory and physical balance.
- ✔ Engage in activities and games designed to help with daily living.
- ✔ Help advance research of ways to address aging challenges.

Program Overview

Duration: 12 weeks.

What to Expect: Weekly at-home exercises & three in-person visits.

Compensation: \$50 for completing the baseline visit and each follow-up visit. \$10 for each week's completed exercise session.

Who Can Participate?

Adults 55+ with early stage dementia or memory challenges.

Must be willing to engage in a **12-week at-home exercise program**, including in-person visits at UCLA Health in Los Angeles, California.

Interested? Contact Us.



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