

WANT TO TRAIN YOUR BRAIN?

Do you feel like your memory or thinking abilities have gotten worse? We are recruiting participants for a study on the effect of **brain training** on mobility.

You may be eligible if you:

- Are 65+ and can communicate in English.
- Have access to a computer/laptop or tablet with internet.
- Have normal vision (with visual aids, if needed) and no serious health issues.
- Can walk unassisted for two blocks (~400m).



What is involved in the study?

- Come to Baycrest for 3 study visits (1h40m-2h each), where you will complete questionnaires and sensory, cognitive and walking tasks.
- Complete brain training online using a computer/laptop or tablet 3 days per week for 6 weeks.
- You will be compensated for your time and any transportation costs.

Interested in the iTrain My Brain study?

Please contact:

✉ VisAgeLab@research.baycrest.org
☎ (416) 785-2500, ext. 3386

Or scan the QR code with your
phone camera

