

## **NEURAL AND COGNITIVE CHANGES ASSOCIATED WITH MENTAL TRAINING IN OLDER ADULTS**

This study examines the effect of cognitive enhancement programs on age related changes in memory and attention.

### **ELIGIBLE?**

We are seeking healthy, right-handed adults between the ages of 65-80.

If eligible, you will receive 8 professional cognitive training sessions free of charge. You will also receive take-home exercises to supplement your training classes, and will be asked to complete these exercises daily for the duration of the 8-week program.

You will come in for 5 study visits: before the course, after the course, and at 6, 12, and 24 months after the start of the study. These study visits include surveys, cognitive tests, and a total of 3 fMRI scans.

In addition to the cognitive training courses, participants will receive compensation up to \$275 for completing all study visits.

If interested, please email [BrainTrain@mgh.harvard.edu](mailto:BrainTrain@mgh.harvard.edu), or call (617) 643-6628.



**Participants Ages  
65-80 Wanted for  
a Research Study**

# Maintain Your Brain

Researchers at Massachusetts General Hospital are conducting a research study to evaluate the effectiveness of two mental training courses.

*This study includes:*

- An 8 week brain training course
- 5 study visits and 3 fMRIS over 2 years
- Compensation and parking validation

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