



EXERCISE

for Body & Brain

Memory Concerns?

You may be eligible to participate in an exercise and memory research study if you answer

YES to the following:

- 50 Years or Older?
- Mild Memory Concerns?
- In Good Health?
- Not Taking Diabetes Medications?
- Not currently exercising?

Participants Will Receive:

- Study-Related Blood Tests and Memory Screening
- 6-Month YMCA Membership
- Monetary Compensation



The Memory
Wellness Program

University of Washington
VA Puget Sound
Healthcare System



University of Washington
& Veterans Administration
Memory Wellness Program
(toll free) 888.291-7316