

Research Subjects Needed



BREATHE Study

(Breathing, Relaxation, Attention Training, & Health in Older Adults)

PIs: F. Vankee Lin, PhD & Kathi Heffner, PhD

- **Have you noticed a small decline in your memory or thinking capabilities?**
- **Are you between 60-89 years of age?**

If you answered 'Yes' to both questions, you may be eligible to participate in a [cognitive enhancement and mental relaxation research study!](#)

What is involved if you qualify to participate?

- 12-week free intervention program aimed at improving cognitive and overall health
- Intervention programs involve cognitive training on a computer, effective breathing, and imagery-based mental relaxation, with personalized training from our staff
- 4 cognitive assessments, 4 MRI brain scans, and 3 blood draws

Additionally:

- **Up to \$400 for participating!**
- The majority of the intervention sessions will take place at your home!
- All assessments and testing will be done in a private room at our lab

To learn more, or if you know someone who may be interested in participating, you can:

Call: (585) 276-6834 or 276-5999

OR

E-mail: nicholas_verhoef@urmc.rochester.edu (Project Coordinator)

OR

Provide your name and contact information below:

Name: _____ Phone: _____

Best time to call: _____ E-mail: _____

And mail back to:

CogT Lab (Attn: Nick)

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