



**Are you 60-89 years of age?
Interested in beginning an
exercise regimen and improving your
dexterity?**



If your answer to these questions is YES, you may qualify for a research study being conducted at the Atlanta VA Medical Center. The purpose of this study is to learn more about the effects of exercise and dexterity training on brain function.

To participate you must:

- ◆ **Have not participated in regular exercise for the last 6 months.**
- ◆ **Get approval to participate in exercise from a physician (we will explain the study to the physician)**

If you are interested in participating in this study, *Effects of Exercise Intervention on Aging-Related Motor Decline*, please contact:

**Holly Hudson, Atlanta VAMC,
1670 Clairmont Rd., Decatur, GA
404-321-6111, ext. 7099**



**Research Investigator: Keith McGregor, PhD,
Atlanta VAMC**