



**Are you 65-89 years of age?
Interested in beginning an
exercise program or interested in cognitive
training?**



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/or cognitive 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, entitled *Aerobic Exercise and Cognitive Training in Older Adults*, please contact:

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



Research Investigator: Joe Nocera, PhD, Atlanta VAMC