

Can exercise help the brain?

Let's find out!

Participate in the:

interactive Physical & Cognitive Exercise Study

iPACES: "pedal-n-play"



We invite **co-residing pairs** to enroll today!

- person with mild cognitive impairment (MCI or pre-Alzheimer's)
 - can be diagnosed or suspected (e.g., some memory problems)
- "caregiver" (partner/family member) also must participate
 - live at same address (exercise buddies for safety requirement)
- both: are > 50 years old, live in the USA, exercise for one year



- exercise in the comfort of your own home
- the iPACES system is an investigational device we are evaluating, thus:
- the pedaler and tablet are provided at **no charge** (National Institute of Aging grant)
- entirely at-home experience: no travel and safe during pandemic
- researchers meet with you via videoconference on the study tablet

For more information contact:

The iPACES research team at:

(737) 747-2237

or

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