

Online Wellness Interventions for Brain Connectivity and Cognition Improvement

Are you 55 years old or older?

Are you concerned about your memory or cognition?

If you answered “Yes” to these questions, you might be eligible for the Multi-domain Online Therapeutic Investigation Of Neurocognition (**MOTION**) study. **MOTION** is a study that is being organized by the UCLA Late-Life Wellness Center.

Participation will include:

- Cognitive evaluations
- On-line clinical interventions (either Tai Chi, gentle, mindful movement, or Health & Wellness education classes)
- 2 brain MRI scans

If you or anyone you know is interested in participating in this study, you may call Courtney Sheen at (310) 794-9523. You may also contact the Late-Life Wellness Center at LateLifeWellness@mednet.ucla.edu or visit motionstudy.ucsf.edu

