

This study has been approved by the Adelphi University Institutional Review Board

Exercise, Music, and Brain Health Research Study



A No-Cost Research Study for Adults 60+

Have you been diagnosed with
mild cognitive impairment (MCI)
or early-stage Alzheimer's disease?





Or are you concerned about
changes in your memory,
balance, or movement?



Researchers at Adelphi University are conducting a **no-cost study** to see if a music-based **exercise and movement program** can improve thinking skills, balance, and physical function.

This is a research study, not medical treatment. The study does not diagnose, treat, cure Alzheimer's disease.





Who May Be Eligible?

-  Adults 60 years of age or older
-  Diagnosed with MCI or early-stage Alzheimer's disease, *or concerned about memory, balance, or movement*
-  Able to safely participate in an exercise program
-  Able to provide consent *or have a legal representative*

Interested in Learning More?

Contact: Theresa Cordova
Call: (631) 312-3350

What Does Participation Involve?

-  12-week study
-  2-3 *supervised* exercise sessions per week
-  Thinking & movement assessments
-  Assigned to either a music-based program or a general exercise program

Important Information:

- ✓ No cost to participate
- ✓ Participation is voluntary
- ✓ You may withdraw at any time
- ✓ No impact on your medical care