

Exercise, Music, and Brain Health

A Research Study for Adults 60+



Researchers at Adelphi University are studying a **music-based exercise and movement program** to see if it can improve thinking skills, balance, and physical function.



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?



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



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



Interested in Learning More?
Contact: Theresa Cordova
Call: (631) 312-3350



Study Starts with
Rolling Admissions
April 20th – Oct 2nd