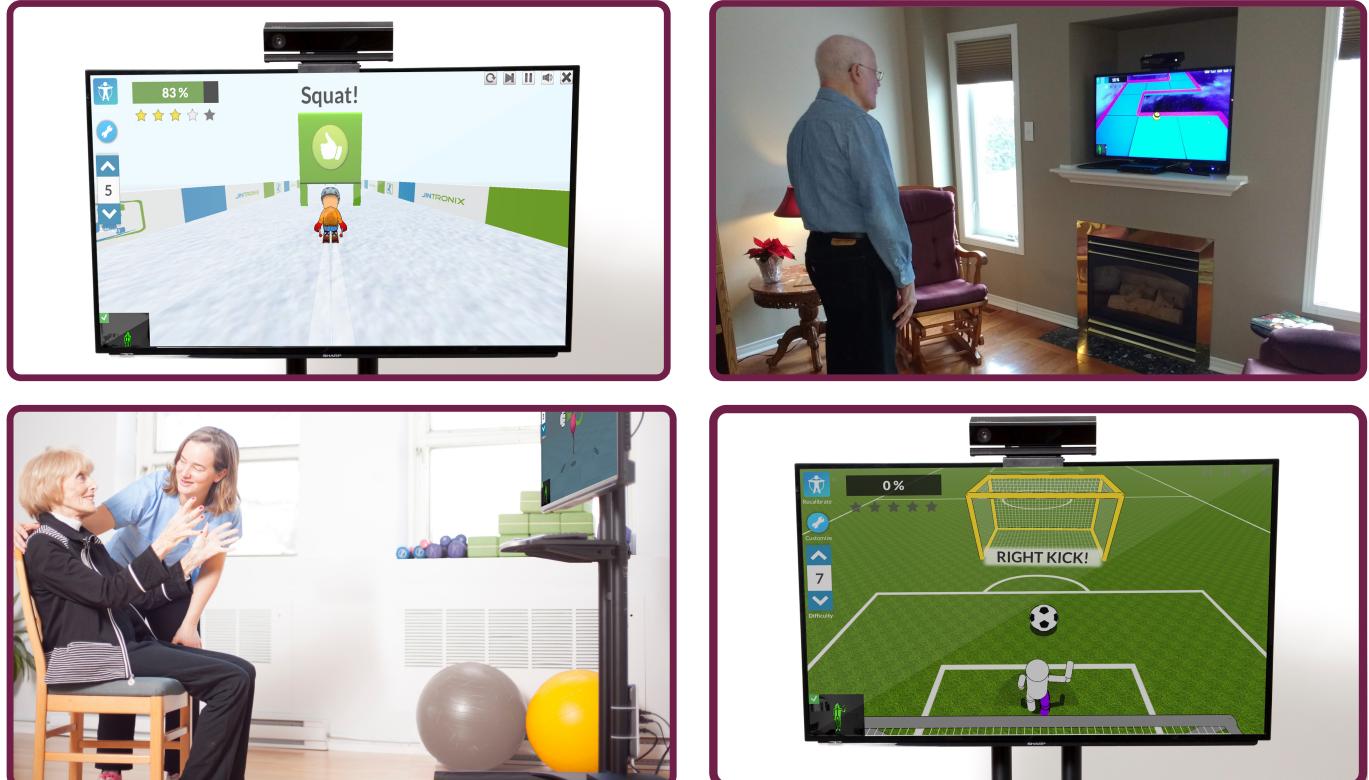
## STUDY PARTICIPANTS NEEDED

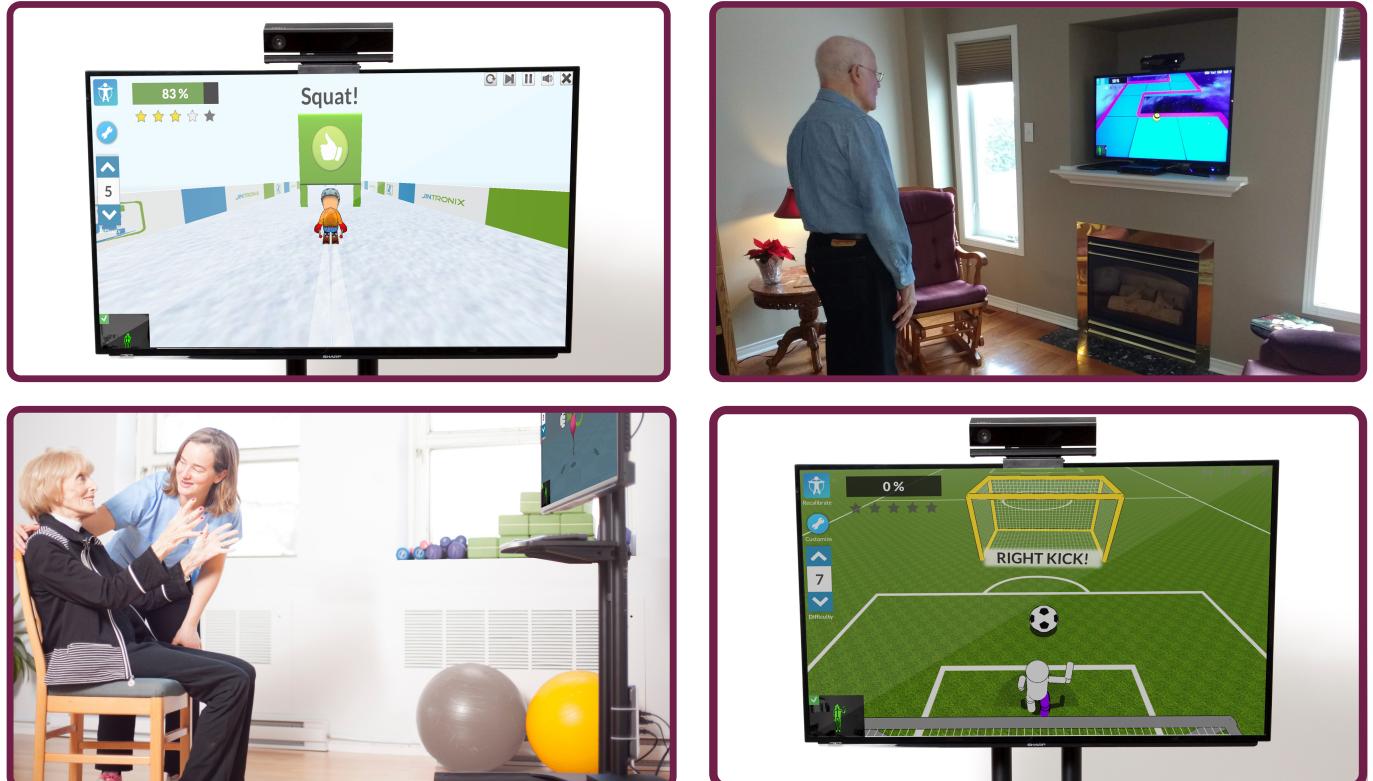
## Are you 65 years old or older? **Could you benefit from increased movement?**

## If so, you may be eligible to participate in research exploring: Virtual Reality to Increase Rehabilitative **Exercise in Older Adults**

You would have the opportunity to work with a health care provider, who will customize a rehabilitative exercise program that **meets your needs and goals.** This program would be done from the comfort of your own home.

This opportunity is at **no cost to you**, and you will receive a **\$20** grocery gift card to thank you for your participation!





To learn more and see if you are eligible, please contact CIRA at (506) 444-3880 ext. 2561 or Communications@ycc-cira.ca











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