

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

