



BES

Brain Enhancement Study

Mild cognitive impairment (MCI) is the stage between normal, age-associated declines in cognition and the severe reductions observed in dementia. While no drug can effectively prevent disease progression, emerging evidence indicates that lifestyle based interventions may at least stabilise the cognition.

Participants Wanted

For a study, investigating if a 6 month, personalised, lifestyle based, intervention can stabilise or improve cognition, including memory, in those with MCI.

We would like to hear from you if you are:

- Are between 65 and 85 years,
- Have trouble with your memory,
- Are willing to change your lifestyle for 6 mths.,
- Can complete the study with a loved one.

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 VitalityWorks
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