

# YOGA AND MEMORY TRAINING FOR WOMEN



- Are you a woman over age 50?
- Do you have high blood pressure, high cholesterol, heart problems, or diabetes?
- Do you have memory concerns?

THIS STUDY IS FOR YOU!

The UCLA Late Life Mood, Stress and Wellness Program is conducting a year-long research study including 12 weekly 60-minute sessions of yoga or memory training. Participants will undergo 2 functional magnetic resonance imaging (fMRI) scans. A complete psychiatric evaluation will be provided. Participants will be compensated up to \$250 and reimbursed for parking.

For more information please call (310) 267-5264.

This study is being conducted by Helen Lavretsky, M.D.

