



JOIN US TO EXPLORE  
*CAN EXERCISE IMPROVE  
BRAIN HEALTH IN OLDER ADULTS?*



Exercise has tremendous benefits for the body. We are still learning how it benefits the brain, and what different kinds of exercise do for the brain.

*The COMET study will help us learn if weight training versus endurance training, like walking, have different benefits for the brain as we age.*

## **ARE YOU:**

- Ages 65-80?
- Looking to become more active?
- Able to walk with no pain or assistive device?

If so, you may be able to participate in this research study to explore whether a supervised 12-month moderate exercise program can improve brain health and cognitive function in older adults.

Gym membership, a personal trainer and compensation up to \$500 will be provided.

**FOR MORE INFORMATION: 913-588-0555, OPTION 1 | [KUADRC@KUMC.EDU](mailto:KUADRC@KUMC.EDU)**