

Interested in improving your physical and brain health?

Join our 2-year study to identify which lifestyle factors can reduce dementia risk

What's involved?

If eligible, you will receive health education and monitoring for two years to encourage several lifestyle changes which may reduce your risk of developing dementia.

If you are interested in **FREE** access to expert health professionals, 6-monthly detailed health assessments and improving your brain function & general health, please contact us on:

 au.arrow@mq.edu.au

 **0493 499 035**

 **02 9850 2774**



You may be eligible if you:

- Are 60-79 years of age
- Eat an average diet
- Do not engage in regular exercise
- Live within 5km of gyms in Macquarie Park, West Ryde, Chatswood or Hornsby
- Have access to a computer, internet and mobile phone