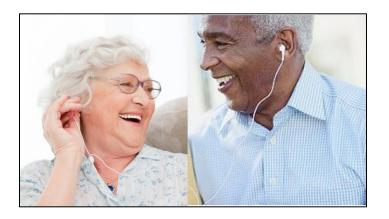


Might Music, Poems or Stories Improve your Memory or Mood? Join our study to find out.

We are looking for adults who are experiencing some cognitive decline, such as increased problems remembering, and are feeling a bit glum.



We want to see if music, poems or stories that delight you might improve your memory, attention, mental agility, mood, and/or your quality of life.

All music, poems, or stories used will be ones you choose and enjoy!

No traveling required – we'll come to you!

All participants will receive a music player to keep by the end of the study. We'll show you how easy they are to use.

If you decide to participate, you'll be randomly assigned to 1 of 4 groups for 8 weeks:

- 1. Two 45-minute sessions each week with a Music Therapist.
- 2. Listening to Music you choose on a portable player at your leisure.
- 3. Listening to Poetry/Stories you want on a portable player at your leisure.
- 4. Business-as-usual: You go about your usual daily activities.

If you or anyone you know <u>might</u> be interested in participating, please: call us at (604) 827-3074 OR email us at devcogneuro@gmail.com

Contacting us in NO way commits you to participate. And, if you decide to participate, you can choose to stop participating at any time.

This project is entitled: "Possible Benefits of Familiar Music or Familiar Poetry and/or Stories for Adults Experiencing Some Cognitive Decline."