

Have you or a family member been diagnosed with

Alzheimer's Disease?

Would you be interested in
participating in a research study?

The National Ageing Research Institute (NARI) and the University of Melbourne are conducting a research study to find out if physical activity can help memory and quality of life.

We are looking for volunteers who have been diagnosed with Alzheimer's Disease and their relative or close friend who would be interested in participating.

The study involves three assessments at NARI within 12 months which include questionnaires for memory and other health factors, as well as physical fitness tests.

Half of the participants will be randomised to a home-based physical activity program (like walking).

If you are interested, please phone **Dr Elizabeth Cyarto on (03) 8387 2332.**



This research has been approved by the
Melbourne Health Mental Health Research Ethics Committee.