



# DO YOU WANT TO **CHANGE YOUR LIFESTYLE?**

**We're recruiting adults  
50-80 years old!**

Must be:

- Without a neurological condition
- Able to come to UBC Vancouver for assessments

This project is studying the health effects of virtual exercise, cooking, and mindfulness classes.



THE UNIVERSITY OF BRITISH COLUMBIA

The total length of this study will be 8-14 months depending on group allocation  
Classes will require a time commitment of 5-6 hours per week

Contact us to find out more:

**[impact.360@ubc.ca](mailto:impact.360@ubc.ca)**

Madeleine Powell (604) 822-8691