Seeking Older Adults for an Exercise Study at UC Irvine

Dr. Aimee Pierce at the University of California, Irvine is currently conducting a clinical research study to test the effects of exercise on improving cognition in older adults who have been diagnosed with Mild Cognitive Impairment (MCI).

You are eligible to participate if you:

- Are 65 to 89 years of age
- Have a clinical diagnosis of MCI
- Have a study partner who can accompany you to required study visits
- Do not currently exercise
- Have reliable transportation to Costa Mesa or Huntington Beach
- Do not take insulin to control diabetes

Once enrolled, participants must be willing and able to come to the UCI campus for 7 clinic visits and engage in a supervised exercise program 4 times per week for 18 months at the Newport Mesa YMCA or the Huntington Beach Family YMCA.

You will receive an 18-month membership to the YMCA along with a personal trainer who will oversee your exercise for the first 12-months. You may be eligible to receive up to $500 for your participation.

For more information, please contact our clinical trials study team at **949-824-0008.**