

Calling all OLLI Members
We need your help with a new study in Psychology!

We are looking for people who

- Want to make a difference and contribute to science and our understanding of how stretch/resistance band exercises and listening to music affect cognition
- Are 60-90 years of age
- Have good vision or corrected vision (glasses and contacts are fine)
- Have good hearing or corrected hearing (hearing aids are fine)
- Have good balance
- Are willing to possibly do video-guided stretch exercises for 45 min
- Are willing to possibly watch music videos with lyrics and sing along to your favorite songs for 45 min
- Are willing to complete short cognitive tests

Session information:

- Only 1 session lasting 1.5-2 hours is needed
- We schedule based on your availability
- Each person is tested individually
- Sessions are held in Morton Hall on the UAH Campus
- All participants are entered into a drawing for a \$50 gift card

Would you like more information? Please call the Lifelong Learning Lab (LLL) at **256.824.4590**, or the lab director, Dr. Jodi Price, 256.824.3321. You may also email us at lifelonglearninglab@uah.edu. We hope to hear from you soon!

LLL: (256) 824 - 4590