

VOLUNTEERS NEEDED FOR HEALTH RESEARCH

Our research focuses broadly on how targeted exercise training and physical activity may promote healthy aging and improve quality of life.

1

SUPPORTING PHYSICAL ACTIVITY FOR MOBILITY STUDY

YOU MAY BE ELIGIBLE IF YOU:

1. Are ages **70 to 89** years
2. Experience mobility challenges (e.g., poorer balance, loss of strength, slower walking)



FREE **HEALTH COACHING OR HEALTH EDUCATION SESSIONS** AIMED TO IMPROVE MOBILITY IN OLDER ADULTS

2

RISE & SHINE: PROMOTING SLEEP QUALITY IN CHRONIC STROKE WITH EXERCISE

YOU MAY BE ELIGIBLE IF YOU:

1. Are **over 55** years of age
2. Had a stroke at least 1 year ago
3. Are experiencing poor sleep quality



FREE **GROUP EXERCISE OR COGNITIVE & SOCIAL ACTIVITY PROGRAM** AIMED TO IMPROVE SLEEP QUALITY IN PEOPLE WHO HAVE HAD A STROKE

TO JOIN, BOOK A 15-MIN TELEPHONE APPOINTMENT.

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