Looking to be active? Free Guided Exercise

The Cortex Lab in collaboration with Tall Tree is looking for participants

8 week cognitive health study divided into
1 hour a week of video guided exercise
2 hours a week of self-directed exercise completing questionnaires and computer-based cognitive tasks

Randomized group assignment to: Active Group or Control Group

Eligibility Criteria:

✓ 65+ yrs old, in good health
✓ Currently living in Canada
✓ Access to internet and smartphone or tablet
✓ All genders are welcomed

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UVIC
Cortex
A research lab for the study of executive functions