We have developed a phone app and are seeking participants to take part in a study using this tool.

Am I eligible?
- Age 65 - 75
- Have not been diagnosed with any kind of memory impairment

What does the study entail?
- A brief (20 minute) telephone screening interview
- Attending two in-person sessions at the Institute on Aging and Lifelong Health (IALH) at UVic
- For 2 weeks, you will complete short surveys and brain games throughout the day using a mobile phone.
- You will wear a Fitbit on your wrist and measure your own blood pressure twice per day (all devices will be provided)

You will receive a $75.00 gift card to Thrifty Foods for your participation

How can I participate?
Please email or call the iLifespan lab to learn more about the study and to determine your eligibility. The study will begin March/April 2019.

Email: ilife01@uvic.ca
Telephone: 250 472 4862