



Can taking up a new activity help improve our thinking skills as we age?

As we get older, some of us might experience changes in our thinking or memory skills.

Research has suggested that taking up a new activity, especially one we've never done before, might help maintain our thinking skills.

We are looking for volunteers who would be interested in taking up a new activity to better understand how that might happen.

If you're aged 65 or over and would be interested in helping us, we would like to hear from you.

Contact us for more information.

Email: healthyageing@hw.ac.uk

Call: 0131 451 8009

Write to: Dr Alan Gow,

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