



Might Music –or– Poems & Stories Improve your Memory or Mood? Join our study to find out!

We are looking for adults 45 years and older
who are experiencing
some forgetfulness and
feeling a bit down.



We want to see if listening to songs (alone or with a friend or relative) or listening to poems/stories/plays/or scriptures might improve your memory, attention, mental agility, mood, and/or your quality of life.

All music or writings will be ones **you choose and enjoy!**

Participation is **FREE**. **No traveling required – we can come to you!**

All participants will **receive a FREE audio player to keep** after the study.

If you participate, you'll be randomly assigned to 1 of 5 groups for 10 weeks:

1. Listening to Music you choose on an audio player at your leisure for one and a half hours each week.
2. Listening to Poetry/Stories you choose on an audio device at your leisure for one and a half hours each week.
3. 90 minutes of music listening sessions each week with a friend or relative.
4. 90 minutes each week with a friend or relative without listening to music.
5. Business-as-usual: You go about your usual daily activities.

If you or anyone you know ***might*** be interested in participating, please

call us at **(604) 822-7404** OR

email us at **jrchan01@student.ubc.ca**

Contacting us in NO way commits you to participate. And, if you decide to participate, you can choose to stop participating at any time.

This project is entitled: "Possible Benefits to Mood, Quality of Life, Memory, and Executive Functions of Beloved Music with or without Social Interaction or Beloved Writings (e.g., Poetry, Stories, Psalms) for Adults Experiencing Mild Cognitive Decline". It's directed by Prof. Adele Diamond in the Faculty of Medicine at UBC.