## Could your child benefit from better executive functions (attention, memory, problem-solving) or better balance and agility in movement?

What if just 15 minutes a day, at home, doing simple activities, could improve your child's executive functions and maybe also balance?

We believe it can and we're conducting a study to test that.

We are recruiting 8-12 year-old boys and girls who could use some improvement of their executive functions and balance.

Call or email us to find out more.

Contacting us in no way obligates you or your child to participate.

The same or overlapping brain regions underlie both cognitive & motor functions.

Some children will be randomly assigned to do simple balance

exercises at home for 15 minutes, 3 times a week for 12 weeks.

Music improves mood and a happy mood leads to better executive functions.

Some children will be randomly assigned to watch music videos

at home for 15 minutes, 3 times a week for 12 weeks.