

**The Maine-Aging Behavior Learning Enhancement (M-ABLE) Study**



**We are looking for adults to participate in a paid research study to help us better understand brain health.**

**Why should I participate in this research?**

- We want to learn more from you about different types of activities and experiences that might keep our brain healthier longer.
- You will also have the opportunity to *earn a \$25 gift card to Hannaford* as a thank you for your time and effort in participating in the study!

**What will you be asked to do?**

1. Complete some memory & thinking games
2. Answers questions about your health, life experiences, emotions and attitudes

**Am I eligible?**

- Adults 45-years or older are eligible
- Able to complete a remote visit via phone or Zoom. This visit will take about 2.5 hours and include a break.

**Want to learn more? Call us at: 207-581-2042.**

**Or Email: [careumaine@gmail.com](mailto:careumaine@gmail.com)**

The M-ABLE Study is conducted by Dr. Rebecca MacAulay in the Psychology Department at the University of Maine.

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