

Does a genetic risk for Alzheimer's disease change the benefits you get from exercise? Join researchers in an NIH-funded study to find out.

## STEP UP FOR THE FIGHT AGAINST ALZHEIMER'S WITH UNC GREENSBORO



PHYSICAL ACTIVITY & ALZHEIMER'S DISEASE 2

You may qualify to participate if you:

- > are generally healthy
- > are between 40 - 65 years old
- > have a family history of Alzheimer's
- > are not regularly physically active

**CALL 336.334.4765**  
**EMAIL [PAAD2@UNCG.EDU](mailto:PAAD2@UNCG.EDU)**  
**VISIT [PAAD2.WP.UNCG.EDU](http://PAAD2.WP.UNCG.EDU)**

## INCENTIVES

1-year group exercise program at a YMCA or a short-term YMCA membership

\$30/day for testing sessions (up to 5 days over a year)