



**HATS** Healthy Aging Through the Senior Years



**Now Enrolling in the Twin Cities for African Americans age 55+**

A five year study of brain health in older African Americans is happening in your area.

We are seeking participants in this observational study of cognition (memory and thinking) and general health including heart health.

The goal is to collect needed clinical information to learn how to prevent or reduce dementia and memory loss in the Black community in the Twin Cities and in the U.S. generally. This study was designed to include the Twin Cities Black community.

**[www.hhrinstitute.org/hats](http://www.hhrinstitute.org/hats)**  
**Call 612-283-6746 or email**  
**[HATSstudy@bermancenter.org](mailto:HATSstudy@bermancenter.org)**

**Participants receive:**

- Assessments on memory and thinking function
- Blood pressure measure
- Cholesterol tests
- Walking (gait) ability
- Grip strength assessment
- Educational information
- Participant compensation

• Website:

