



CENTER *for*
BRAINHEALTH®
THE UNIVERSITY OF TEXAS AT DALLAS



Have you or a loved one been diagnosed with mild cognitive impairment (MCI)?

Putting brain health in the overall picture of health is about more than improving your memory. Individuals with MCI are at greater risk for Alzheimer's, so creating healthy brain habits to help optimize brain function becomes even more meaningful.

Knowing how to manage your brain health may help maintain current function levels and stave off cognitive decline.

Join an online study for individuals with MCI.

This six-month online study is part of a larger initiative known as The BrainHealth® Project, a longitudinal study focused on identifying determinants of brain health.

Participants receive two BrainHealth Index assessments (pre- and post- training), online training, and virtual coaching with a BrainHealth professional trained in MCI. Your coach will help translate training concepts and strategies to support challenges of MCI.

How it works



Get your BrainHealth Index
(pre- and post-training)



Meet 3 times with a
BrainHealth coach



Gain access to ongoing
BrainHealth training and habits

For information about joining this study,
contact Audette Rackley at arackley@utdallas.edu or [972-883-3405](tel:972-883-3405).