

...BECAUSE MEMORIES ARE WORTH FIGHTING FOR



# DIET INTERVENTION TO PREVENT ALZHEIMER'S

This 3-year research study is designed to compare two weight loss diets and their effects on brain health and cognitive decline. It uses lifestyle and behavioral changes to help you lose weight and live healthier.

For more information, visit our  
website [www.mind-diet-trial.org](http://www.mind-diet-trial.org)



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Harvard T.H. Chan School  
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for research participants

BETWEEN THE AGES OF  
65 and 84

WITH A FAMILY  
HISTORY OF  
ALZHEIMER'S DISEASE

AND A BMI  $\geq$  25

INTERESTED IN  
LEARNING MORE?

Visit our website:

[www.mind-diet-trial.org](http://www.mind-diet-trial.org)

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