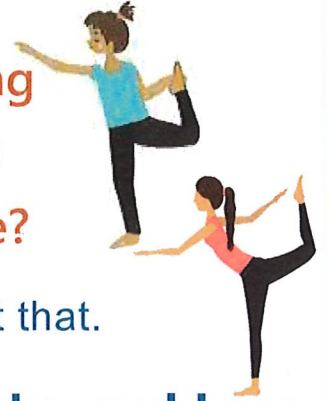




Could your child benefit from  
better executive functions  
(attention, memory, problem-solving)  
or better balance and agility in movement?



What if just 15 minutes a day, at home, doing  
simple activities, could improve your child's  
executive functions and maybe also balance?



We believe it can and we're conducting a study to test that.

**We are recruiting 8-12 years-old boys and girls who could use  
Some improvement of their executive functions and balance.**

**Call or email us to find out more.**

**Contacting us in no way obligates you or your child to participate.**

The same or overlapping brain regions underlie both cognitive & motor functions.

**Some children will be randomly assigned to do simple balance  
exercises (like standing on one leg, walking on a balance beam)  
at home for 15 minutes, 3 times a week for 12 weeks.**

Music improves mood and a happy mood leads to better executive functions.

**Some children will be randomly assigned to watch music videos  
at home for 15 minutes, 3 times a week for 12 weeks.**

If you or anyone you know MIGHT be interested in participating, or  
would just like more information, please email us at  
[pspaz@student.ubc.ca](mailto:pspaz@student.ubc.ca) or call us at (604) 649- 0702

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