



Are you above age 45? Do you want to improve your lifestyle and take part in a study that can benefit your brain health?

Then join the **PrecisePrevent** study!



**You will learn more about a healthy lifestyle and take part in activities that can benefit your brain health.**

**You will make an important contribution to research.**



Contact us!

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## Steps:

First and last visit  
at DZNE Magdeburg



Cognitive Tests



MRI



Blood draw

6-month lifestyle  
training  
from home



Physical activities



Diet



Sleep



Cognition



Social Contacts



Wellbeing

## About PrecisePrevent-Project:

In the PrecisePrevent Project, we are investigating how older adults can improve their brain health and cognitive performance without medication. Our aim is to identify which individualized lifestyle changes can lead to measurable cognitive improvements. Often it is small, targeted changes that make a significant difference.