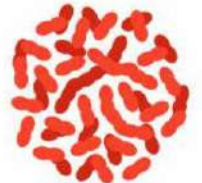


## LOOKING FOR HEALTHY STUDY PARTICIPANTS INDIVIDUALS 30 YEARS AND OLDER

# HELP US UNDERSTAND HOW DIET IMPACTS BRAIN HEALTH



Participate in this innovative study exploring how changes in diet and the gut microbiota can influence brain structure and function.

**Financial compensation provided.**

A scientific study conducted at CIUSSS-NIM and the Institut universitaire de gériatrie du Montréal

### LEARN MORE

[www.tinyurl.com/embrace-project](http://www.tinyurl.com/embrace-project)  
514-338-2222 ext. 3944  
[embrace.cnmtl@ssss.gouv.qc.ca](mailto:embrace.cnmtl@ssss.gouv.qc.ca)



### Your participation involves:



#### Online questionnaires

Aproximately 45 minutes (total)



#### Lab and home tests

A series health assessments in the lab and at home  
Blood samples, weight measurements, food diaries,  
and urine and stool samples

Approximately 1 hour (total)



#### Brain function tests

A laboratory session of cognitive evaluations

Tests involving reading, use of language, attention, learning,  
memory, and problem-solving

Approximately 1 hour (total)



Evaluation of the impact  
of radical nutrition and  
microbiome changes on  
brain function & structure

In partnership with

