

Volunteers Needed for Research Study!

CSU's Internal Review Board (IRB) Approval #1799

Drs. Jaclyn Stephens and Arlene Schmid are conducting a study at Colorado State University to understand how group yoga and group exercise affects balance and other abilities, like memory, in individuals with acquired brain injuries, including stroke.



Research assessments will take place at Colorado State University (CSU). You will participate in an 8-week group yoga or group exercise program, at no cost, which will take place at the Center for Healthy Aging at CSU's Health and Medical Center.

Participants will be given an exercise mat, a chest strap that measures heart rate, and a smart watch.



To learn more, scan this QR code or email Dr. Stephens' research team at CSU-SCORELab@colostate.edu

SCAN ME

