



NATURE AND AGING RESEARCH OPPORTUNITY

WE ARE RECRUITING INDIVIDUALS FOR A STUDY CALLED “AGING NATURALLY: UNDERSTANDING HOW SPENDING TIME IN NATURE AFFECTS OLDER ADULT’S EXECUTIVE FUNCTIONING AND HEART-RATE VARIABILITY” AT COLORADO STATE UNIVERSITY. THIS STUDY EXAMINES HOW SPENDING TIME IN DIFFERENT ENVIRONMENTS CAN AFFECT STRESS RESPONSES, PERFORMANCE ON COGNITIVE TASKS, AND MOOD. THE STUDY WILL OCCUR IN-PERSON ON CSU’S CAMPUS AND LAST APPROXIMATELY 2 HOURS. YOU WILL BE COMPENSATED \$40 FOR YOUR PARTICIPATION.

YOU MUST BE EITHER BETWEEN 18-35 OR OLDER THAN 55 TO PARTICIPATE IN THE STUDY, HAVE NORMAL OR CORRECTED-TO-NORMAL VISION, BE FLUENT IN ENGLISH, AND HAVE NO HISTORY OF COGNITIVE IMPAIRMENT, NEUROLOGICAL DISORDER (I.E. SEIZURE DISORDER), AND NO HISTORY OF HEART CONDITIONS OR MOTION SICKNESS.

PLEASE CONTACT MICKEY RICE (MICHAELA.RICE@COLOSTATE.EDU), OR SARA LOTEMPLIO (SARA.LOTEMPLIO@COLOSTATE.EDU) FOR MORE INFORMATION ABOUT THE STUDY.

