

The Healthy Actions and Lifestyles to Avoid Dementia or *Hispanos y el ALTo a la Demencia* program (HALT-AD) study is designed to test a new online educational platform (website) that can help midlife and older adults learn how to prevent dementia via lifestyle changes.



Basic Eligibility Criteria

- Age 50-85
- Not diagnosed with dementia or Alzheimer's disease
- Proficient in English or Spanish
- Able to access the internet
- Have access to Zoom video calls
- Have sufficient vision and hearing

What happens during the HALT-AD Study?

Participation in this study will take up to 5 months. Potential participants will first go through a phone screening process to determine if they are eligible to enroll in the study. Participants will be given free access to the online platform and will be asked to:

1. Complete questionnaire by phone or email at the beginning and end of the study
2. Use the online platform as much as they'd like (up to 30 minutes per week if they choose to complete all content)
3. Participate in one-hour support sessions via zoom once a week for 18 weeks

You will receive \$50 for participating in this research.

For more information or to participate, please contact:

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SPANISH / ESPAÑOL

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