Interested in Improving Your Health and Wellbeing?

Take part in a research study to help us learn more about healthy aging and well-being

What You'll Get?
- Weekly guidance on how to improve your health and wellbeing
- Practical tips you can use at your own pace
- Support over time
- A chance to help improve programs for older adults

Who Can Participate?
- Age **60 or older**
- Regular access to the internet
- Comfortable reading and writing in English
- Are comfortable using email and web-based tools

What's Involved?
- About **20 minutes per week**
- **6-month** study
- Participate from home
- Short, supportive emails or texts about once a week

Interested or Have Questions?
Please contact **LACRC** at **(800) 540-4442 or betterage@bententech.com.**

Thank You for Your Time
$100 thank-you for participants who complete the study.

Scan Me

Participation is voluntary. Information is kept confidential. This study does not involve medical care, diagnosis, or treatment.

BetterAge

USC Leonard Davis Family Caregiver Support Center

LACRC
LOS ANGELES CAREGIVER RESOURCE CENTER
A Program of the USC Family Caregiver Support Center

Supporting Someone With Memory Loss?

Take a Moment for Your Own Health and Wellbeing. Join a research study help us learn more about healthy aging and well-being

Who This Is For?

- Provide **unpaid care or support** to someone with Alzheimer's disease or another dementia
- Age **60 or older**
- Regular access to the internet
- Comfortable reading and writing in English
- Are comfortable using email and web-based tools

What You'll Get?

- Weekly guidance about how to improve your own health and wellbeing.
- Practical suggestions you can use at your own pace
- Support over time
- A chance to help improve caregiver programs and services

What's Involved?

- About **20 minutes per week**
- **6-month** study
- Participate from home
- Short, supportive emails or texts about once a week

Interested or Have Questions?
Please contact **LACRC** at **(800) 540-4442 or email betterage@bententech.com.**

Thank You for Your Time
$100 thank-you for participants who complete the study.

Scan Me

Participation is voluntary. Information is kept confidential. This study does not involve medical care, diagnosis, or treatment.

BetterAge USC Leonard Davis Family Caregiver Support Center LACRC LOS ANGELES CAREGIVER RESOURCE CENTER A Program of the USC Family Caregiver Support Center