



**Creighton**  
UNIVERSITY

# Research Volunteers Needed

***The goal of this research is to learn about the use of mobile health technology to improve daily walking using virtual visits.***

**You may qualify if you:**

1. Age 50-85 years
2. Have a diagnosis of mild cognitive impairment
3. Are able to walk within your home
4. Have caregiver interested in being physically active

**You should not be in this study if you:**

1. Have an unstable heart condition
2. Known neurological diagnosis (e.g. Parkinson's Disease, Multiple Sclerosis)

**You will be randomly selected to receive a 12-week virtual program focused on improving your physical activity**

The study requires two assessments with 12 weeks between visits.

Financial compensation is provided for your time.

***If you are interested in knowing more about this research study, call or email: Rashelle Hoffman at 402-280-5691 or [rashellehoffman@creighton.edu](mailto:rashellehoffman@creighton.edu)***