

# Improving Cognitive Aging through Nutrition (ICAN) Research Study



## Goals of the ICAN Program

The ICAN study aims to examine the benefits of Mediterranean and Mediterranean-ketogenic nutrition on brain health.

## Education

Sessions will provide nutrition information through interactive videos led by live facilitators, help you identify your goals, connect you with others who share your goals, and help you overcome barriers that have held you back from making lifestyle changes in the past.



## Participation

This program takes place over the course of a year. Participating involves attending 10, 1-hour weekly meetings, 4 in-person assessments, and weekly/monthly online surveys. Participation may also involve the option of attending an ongoing monthly meeting and access to an online forum with resources.



## Potential Benefits

You will have access to a free nutrition program, a free cookbook, a workbook, and access to online resources. Sticking with this type of nutrition may have benefits for heart health and brain health!



## Compensation

Eligible participants may receive a total of \$405 through the course of the program.



## Interested in learning more?

If you would like to learn more about the ICAN program and complete a screening, please email us at: [healthy.aging@med.fsu.edu](mailto:healthy.aging@med.fsu.edu) or call Dr. Julia Sheffler at **850-644-4199** stating you're interested in ICAN.