

**TAI CHI CHIH  
OR  
HEALTH EDUCATION AND WELLNESS FOR  
OLDER ADULTS**

***ARE YOU SUFFERING  
FROM DEPRESSION?***



**ARE YOU OVER THE AGE OF 60?**

The UCLA Late-Life Mood, Stress and Wellness Program in the Geriatric Psychiatry Division is conducting a 6-month research study involving 12 weekly 60 minute sessions of either a health and education wellness class or a Tai Chi class. Participants will undergo two functional magnetic resonance imaging (fMRI) scans. A complete psychiatric evaluation will be provided. Subjects will not be charged for participation and will be compensated.

You must be at least 60 years old. If you or anyone you know is interested in participating, call for an appointment to see if you qualify or for more information at: (310) 794-9523.

The study will be conducted by Helen Lavretsky, M.D.

