



## Research Study Opportunity

**Did you know that after having a stroke, your memory and thinking can change?**

**Did you know that in persons who had a recent stroke, their risk for developing dementia increases?**

**The NOURISH study is designed to determine whether the MIND diet can reduce memory loss after stroke and improve other health issues such as physical function and mental health.**



You may be eligible to participate in the study if you:

- Are 55 years of age or older
- Were recently admitted to the hospital for a stroke
- Do not live in a nursing home
- Do not have a diagnosis of dementia

### Participants of the NOURISH study will receive:

- ✓ Free evaluations to assess your memory and thinking abilities
- ✓ Free prepared meals delivered to your home for 90 days
- ✓ Free personal health coaching from a registered dietitian or health professional
- ✓ Free MRI brain scans, blood pressure monitors and blood pressure readings
- ✓ Gift cards totaling up to \$475 for participating in the study
  
- ✓ 5 visits in a 2-year period will be conducted in the comfort of your home, and 1 will occur at the study center

If you are interested in the NOURISH study, please contact **Jameszetta James** or **Amy Tran**, NOURISH Recruitment Specialists at Rush, at **(708) 660-6463** or [NOURISH@rush.edu](mailto:NOURISH@rush.edu)

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Participating study sites:

