



**MONASH** University  
Medicine, Nursing and Health Sciences



## MINDFULNESS FOR MILD COGNITIVE IMPAIRMENT FREE 8-WEEK PROGRAM

Do you (or someone you know) suffer from Mild Cognitive Impairment (MCI)?  
Have you been told you are at risk of developing Alzheimer's disease?

Internationally recognised mindfulness experts A/Professor Craig Hassed and Dr. Richard Chambers have developed a new mindfulness program specifically designed to slow (and possibly reverse) MCI. The program will teach you how to train your attention to be more present and engaged in each moment of your life. Research shows this may produce various benefits such as:

- Improved concentration and memory
- Greater productivity
- Reduced stress
- Better communication and relationships

This **FREE** 8-week program consists of 90-minute weekly sessions. It is facilitated by either A/Professor Hassed or Dr. Chambers at either Essendon or Monash University Notting Hill campus. Participants will be encouraged to do a range of practices and exercises in their own time to increase their mental fitness. You will receive the program manual, mindfulness practice CD and a gift card.

We are evaluating the program so participants will be asked to attend 3 data collection sessions which each consist of cognitive assessment and questionnaires. Interviews are held during the second (post-program) and third (one-year follow-up) sessions. These sessions take between 30 and 60 minutes each and are held at Monash University campus (Caulfield, Clayton or Notting Hill) or public venue.

### WHO CAN PARTICIPATE?

To participate, you must:

- Have a clinical diagnosis of MCI from your doctor
- Be able to give informed consent
- Be at least 60 years old

You are encouraged to attend with your support person (such as spouse/partner or child) who will also do the program for free.

### FOR MORE INFORMATION AND TO REGISTER

Please contact **Ping Wong** on Tel: (03) 9902 4937  
or by email: [ping.wong@monash.edu](mailto:ping.wong@monash.edu)

*This study has been approved by the Melbourne Health Human Research Ethics Committee (HREC/14/MH/324).*