



-HELP needs YOUR help!

Illinois **H**ealth and **E**ngagement through the **L**ifespan **P**roject (I-HELP) is a group of community volunteers who contribute to a research initiative at the University of Illinois Beckman Institute called **C**ognition, **L**ifespan **E**ngagement and **R**esilience (CLEAR). Community volunteers are essential to our research which is focused on investigating the nature of adult development and aging, and pathways to optimize health through out the lifespan.

We need YOU to help us study:

physical health and fitness throughout the lifespan.

cognitive health and memory throughout the lifespan.

how technology can impact well-being and independence.

how activity engagement contributes to resilience throughout the lifespan.

If you are 21+ years of age and interested in being a PAID research volunteer, please call 217-300-3586 or email clear-i-help@illinois.edu to get more information about joining I-HELP

Visit our webpage at go.illinois.edu/CLEAR

You will have fun! You will be paid!
You will make an important contribution to science!

BECKMAN INSTITUTE
FOR ADVANCED SCIENCE AND TECHNOLOGY