

# Investigating gut bacteria and cognition in normal ageing

Have you ever heard about the influence our gut bacteria can have on our health?

Would you be interested to learn more about your own gut bacteria?

We are looking for healthy individuals between the ages of 18-35 and 50-75, to participate in our research involving gut bacteria composition, and how it relates to your thinking ability.



This study involves:

- Attending one testing session at Deakin University (Approx. 2.5 hours)
  - Wearing physical activity monitors to record your activity and sleep patterns
- Assessment of the composition of your gut bacteria

As a thank you for participating in the research, participants will be given a \$25 gift card.

To find out more or to participate, contact the researcher below.

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