



Could your child benefit from
better executive functions
(attention, memory, problem-solving)
or better balance and agility in movement?



What if just 15 minutes a day, at home, doing simple activities, could improve your child's executive functions and maybe also balance?



We believe it can and we're conducting a study to test that.

We are recruiting 8 -12 year-old boys and girls who could use some improvement of their executive functions and balance.

Call or email us to find out more.

Contacting us in no way obligates you or your child to participate.

The same or overlapping brain regions underlie both cognitive & motor functions. Children will be randomly assigned to either do simple balance exercises at home for 15 minutes, 3 times a week for 12 weeks, or to the no-treatment group helping us to find out if gains we see from balance training would have happened anyway even without that training.

If you or anyone you know MIGHT be interested in participating, or would just like more information, please email us at pspaz@student.ubc.ca or call us at (604) 649- 0702

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Department of Psychiatry, UBC.

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