

# Johns Hopkins Medicine Aging Research Registration

Tuesday, June 9th from 9am-4pm

Functional Pathways Rehab Department



## STUDIES ON AGING

### Are you 65 or Older?



Are you interested in making a difference in the life of older adults? Your participation would help us create knowledge to improve the health of older adults.

Learn more about aging research studies conducted by the “**Johns Hopkins Older American Independence Center**”

**For more details about this research study, please call our Research Coordinators at 410-550-2113**

Principal Investigator: Todd Brown

Protocol Number NA\_00013162

# The Human Aging Project

At the Human Aging Project, we are a community of scholars and health care experts dedicated to eliminating age-related functional and cognitive decline and reducing chronic disease burden through the application of biological and engineering solutions for the optimal care of all.



**Participate in aging research!**

## Why Join Us?

Our research has been nationally covered in the Washington Post, Baltimore Sun, and NPR, as we seek to improve the quality of life for older adults.

Your participation holds great potential to help slow aging related cognitive and functional decline. Since aging-related conditions are so diverse and complex, a comprehensive response that integrates deep biological understanding with the power of engineering and clinical translational approaches is needed to help overcome the challenges to healthy aging. Our studies are designed to study underlying biological age-related biological changes and to develop and test biological and engineered solutions that improve health and well being.

Images sourced: [hap.jhu.edu/](http://hap.jhu.edu/)  
Application No: NA\_00013162

## Healthy Aging Tips



### Vitamin D

Helps ensure muscle, bone and immune health. Found in milk, oily fish, eggs, meat, and mushrooms.



### Staying Active

Is the single most proven intervention that helps cognition and muscle function.



### Eat fresh berries and more lean protein

as well as fruits, vegetables, fish, eggs and protein powder.



### Tai Chi

can help balance and gait.

## Keys to Healthy Aging



### Nutrition



### Prevention of Cognitive Decline



### Prevention of Falls and Injuries



### Activity and Exercise



## Aging Research Study Registry

Are you 65 years or older?

Are you interested in making a difference in the life of older adults and learning more about aging research?

If so, volunteer to be in our Aging Research Study Registry!

## Healthy Aging Studies Unit

[hasu@jh.edu](mailto:hasu@jh.edu)

410-550-2113

Johns Hopkins Asthma and Allergy Center  
5501 Hopkins Bayview Circle  
Baltimore, MD 21224

<https://hap.jhu.edu/partners>  
Principal Investigator: Dr. Todd Innes  
Older Americans Independence Center



If you agree to participate, we will ask you to do the following:

- Answer questions about physical activity, energy levels, health habits
- Participate in non-exhaustive physical tasks



## The purpose

We aim to identify older adults who are willing to participate in life changing research and to be contacted about studies related to aging that take place at Johns Hopkins.



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## HEALTHY AGING STUDIES UNIT

Johns Hopkins Division of Geriatric Medicine and Gerontology