



STOCKTON

## Stockton Center on Successful Aging Announces Summer Research Program on Brain Health

Center is Seeking Participation from Older Adults in the Community

### ***For Immediate Release***

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**Galloway Township, NJ-** The Stockton Center on Successful Aging (SCOSA) announces a research project that will be conducted this summer on the campus of The Richard Stockton College at 101 Vera King Farris Drive, Galloway. This research is designed to explore which approaches to maintaining a healthy brain are most effective, while at the same time allowing participants to enjoy themselves by playing computer games that are interactive and fun.

The research project ***Maintaining a Healthy Brain throughout the Lifespan*** is being directed by Dr. Jessica Fleck, associate professor of psychology. Dr. Fleck has been a member of the psychology program at Stockton since 2006 and was recently selected as a SCOSA Research Fellow for the upcoming academic year. In addition to researching brain health throughout the lifespan, Dr. Fleck is also an active researcher of creativity and the creative brain.

The brain is our connection to the past and our link to the future. The importance of maintaining strong physical health often overshadows the importance of keeping your brain active and healthy throughout life. Scientific research is revealing more about the activities, both physical and mental, that can be performed to keep your brain functioning at its best. This research will compare the effectiveness of different games and activities that were designed to keep your brain strong. It will be an opportunity for participants to get a mental workout while simultaneously having fun.

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