

Are you at least 80 years old?

Are you free of physical limitations?

Are you still mentally sharp?

Are you free of chronic disease or debilitating conditions?

Then you may be an Exceptional Ager!

The Insight into Determinants of Exceptional Aging Study, or **IDEAL**, is looking for individuals 80 years or older who are exceptionally healthy to participate in a special project to learn more about the genetic, biologic and behavioral factors that contribute to healthy aging.

The IDEAL Study is sponsored by the Baltimore Longitudinal Study of Aging (BLSA) -- the longest ongoing study of human aging supported by the National Institute on Aging of the National Institutes of Health (NIH). Persons who qualify to participate in the IDEAL Study will be enrolled in the BLSA and receive every year a complete physical exam and tests of strength, stamina, mental sharpness, and coordination to help track the aging process and identify the secrets of aging well.

**To learn more about this groundbreaking study,
CALL 1-800-XXX-XXXX**

Copy for pullout cards attached to poster:

Aging Exceptionally? If so, you or someone you know may be an IDEAL candidate to participate in our study. IDEAL is examining what contributes to healthy aging. To learn more about participating in IDEAL, contact XXX at 1-800- .