

Are you  Older than 80?
 Mentally sharp?
 In great health?

You may be an exceptional ager!



The Insight into Determinants of Exceptional Aging and Longevity study, or **IDEAL**, is looking for people age 80 and older who are exceptionally healthy to take part in a special project to learn more about healthy aging. **IDEAL** is part of the Baltimore Longitudinal Study of Aging (BLSA).

The BLSA is the longest running study of human aging. It is conducted by the National Institute on Aging of the National Institutes of Health. If you qualify to be in **IDEAL**, every year you will receive a complete physical exam, including tests of strength, stamina, and mental sharpness. This will help us observe the aging process and identify the secrets of aging well.

Aging Exceptionally?

If you or someone you know may be an IDEAL candidate, you can get more information by contacting 1-800-225-BLSA (2572).



To learn more about IDEAL, CALL 1-800-225-BLSA (2572)