



Caregiving can be stressful.



If you care for a loved one with Alzheimer's Disease, you could be eligible for the **LEAF Study**. Researchers at Northwestern University and the University of California San Francisco are testing an online positive emotion skill-building program to help caregivers cope with stress.

This study is led by Dr. Judith Moskowitz and the NU IRB Study Number is: STU00206756. LEAF is supported by the National Institute on Aging, a division of the National Institutes of Health.

Six weekly skill-building sessions are delivered online via videoconferencing with a facilitator or through self-guided online lessons.

The LEAF program is delivered remotely and does not require in-person contact. Participants can participate from a location of their choice. For more information or to see if you are eligible to participate, please contact us and mention "LEAF Study."

The LEAF Study

Email: LEAFstudy@northwestern.edu

Visit us: <http://leafstudy.ucsf.edu>

Ready to get started? Take our eligibility screener:

<https://redcap.link/LEAFstudy>

