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](http://leafstudy.ucsf.edu)  
**Ready to get started? Take our eligibility screener:** [https://redcap.link/LEAFstudy](https://redcap.link/LEAFstudy)