Are you 14-18 years old, want to see your brain change and improve your well-being?

The goal of our UCSF BrainChange study is to use MRI imaging to observe brain changes in healthy young people who undergo a mindfulness training.

We are looking for healthy adolescents of age 14-18 years who will get a chance to undergo a free 12-week mindfulness training, in which they will learn self-regulation skills (breathing, yoga-based movements, meditation) that can help them relax and better regulate emotions. The group will meet weekly for 1.5 hours at UCSF Parnassus.

Participants will also undergo a 1-hour MRI scan before and after the training. MRI scans will take place at a state-of-the-art UCSF facility at Mission Bay. Participants will receive up to $220 in gift cards for completion of the study.

Please discuss with your parents and contact us to find out more:

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http://radiology.ucsf.edu/research/labs/BrainChange
(or simply google BrainChange + UCSF)