

# BRIDGE 60+

## Mind activity against dementia

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## Who we are

Polish Bridge Union (PBU) & European Bridge League (EBL) runs bridge lessons and competitions for elderly across Europe.

**It's called 'BRIDGE 60+'.**

Neurocognitive Laboratory at The Nicolaus Copernicus University in Toruń (PL) is planning scientific research on bridge impact on dementia in cooperation with PBU & EBL.



## Project idea

*„Playing bridge lowers a chance of getting Alzheimer disease by as much as 75%”* reports prof. Diamond from Bercley Univeristy California.

Our idea is to:

1. Confirm results of prof. Diamond research at Neurocognitiv Laboratory at The Nicolaus Copernicus Univeristy.
2. Teach elderly how to play bridge and then create possibilities for them to play in existing network of bridge clubs in Europe (worldwide in the future).
3. Get as many new elderly 'students' as possible.
4. Organize regular bridge lessons at Universities of The Third Age.
5. Prevent loneliness (which we know increase mortality risk among elderly) by creating social contacts in bridge clubs.



We are looking for **partners and sponsors** for our program.