**COSMOS Clinic Day Schedule**

9:00 AM  Welcome and Consent

9:20 AM  Fasting Urine Specimen

9:25 AM  Blood Pressure Measure

9:35 AM  Pulse Wave Augmentation & Pulse Wave Velocity

10:05 AM Fasting Blood Draw

10:15 AM Height, Weight, Hip & Waist Measurements

10:25 AM Break for Breakfast/Snack

10:45 AM Cognitive Test: NIH Toolbox

11:25 AM Cognitive Test: Modbent

11:50 AM Physical Function Testing: Balance, Walking, Chair Stands, Hand Strength, TUG

12:05 PM Cognitive and Sleep Self-Report Forms

12:20 PM Cognitive Tests: 3MS, CERAD, Clock in Box

12:50 PM Setup 24HR BP Cuff & Fecal Sample Kit, Both for Home Use and Return

1:20 PM  DXA Scan

*optional measure on another day: Brain MRI