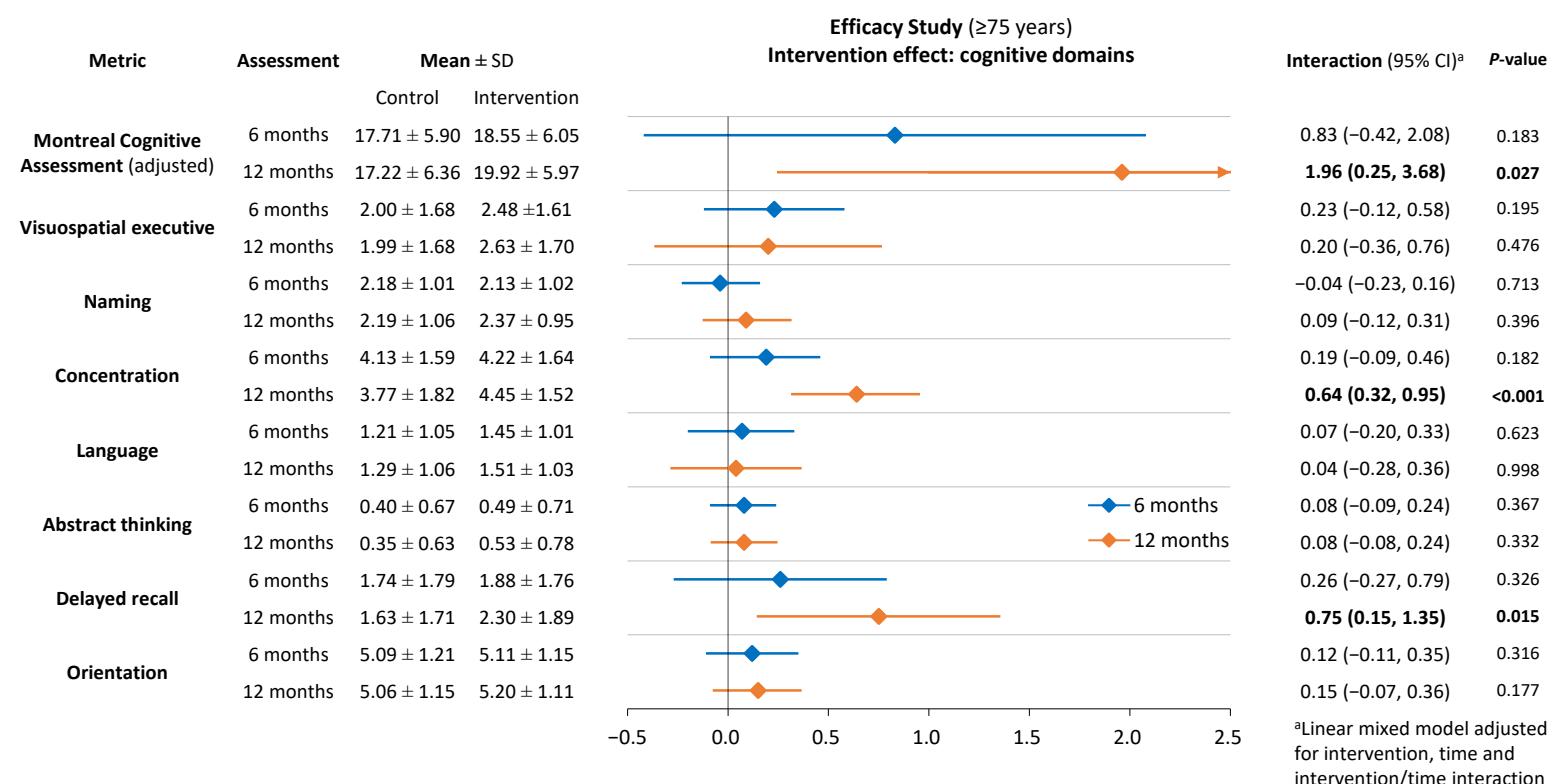
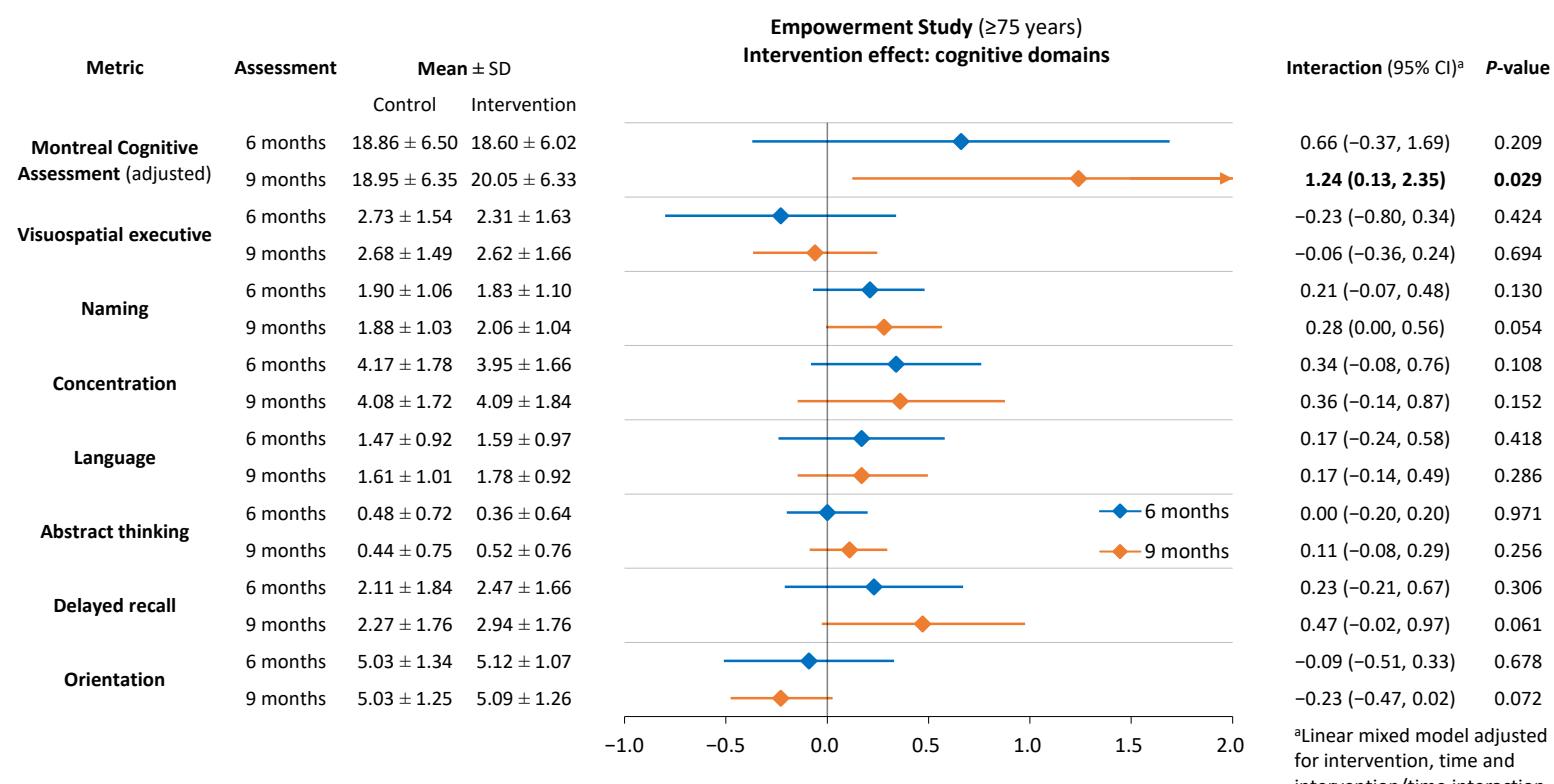


**Figure S4A** Efficacy Study intervention effects on cognitive performance among participants  $\geq 75$  years old



**Figure S4B** Empowerment Study intervention effects on cognitive performance among participants  $\geq 75$  years old



<sup>a</sup>Linear mixed model adjusted for intervention, time and intervention/time interaction