



# Is weight impacting your life?

## Do you need help starting and maintaining an exercise program?

You may be eligible for a 6-month research study looking at exercise, weight loss and the reduction of health risks.

**EVMS and Norfolk State University have teamed up to conduct a study.**

**Are you:**

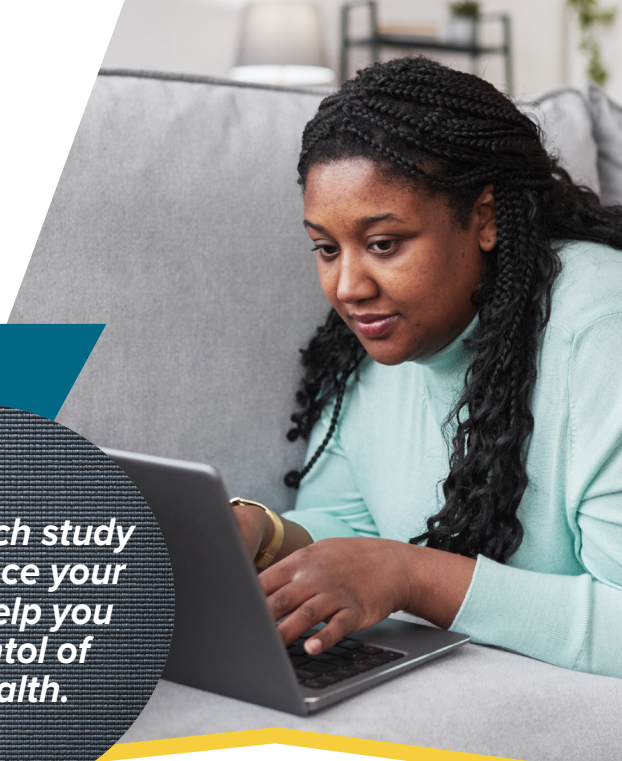
- An African American woman
- Between 18- 65 years of age
- Able to attend 2 or more one-hour sessions per week over a 6-month time period
- Able to travel to Norfolk to attend exercise sessions

**If eligible to participate in the study, you can earn up to \$200.**

**To volunteer call:**

(757) 446-7933 or email us

at [diabetesresearch@evms.edu](mailto:diabetesresearch@evms.edu)



*This research study can enhance your life and help you take control of your health.*

This advertisement has been approved by the EVMS IRB (#22-07-FB-0147); NSU-IRB (#1823453-1)

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