



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

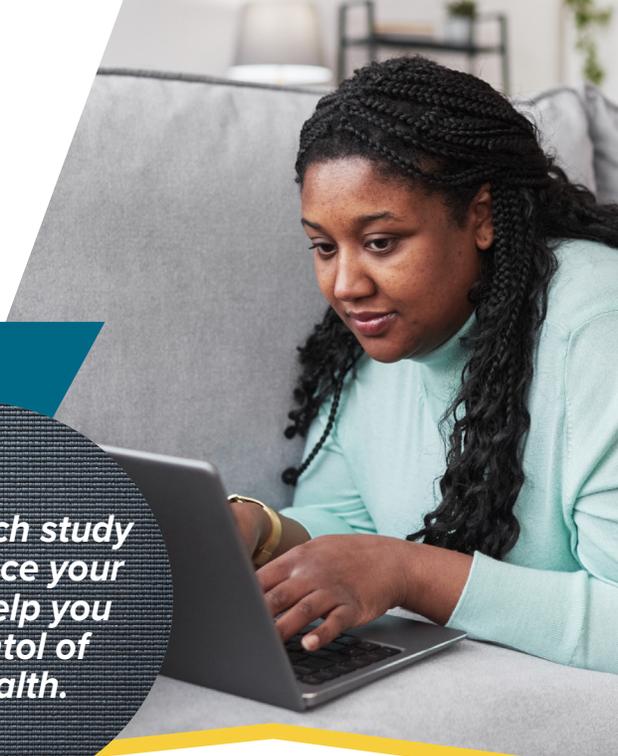
If eligible to participate in the study, you can earn up to \$200.

To volunteer call:

(757) 446-7933 or email us

at diabetesresearch@evms.edu

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



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

Sponsored by

EVMS
Eastern Virginia Medical School



DEPARTMENT OF HEALTH, PHYSICAL EDUCATION
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