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 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)