Are You Interested in Eating Healthy and Getting Active?

Would you like to join an online healthy lifestyle program?

There is no cost to enroll. You will receive a scale and up to $200 in compensation for your time.

We are looking for people who are

- 18 years or older
- able to answer a short health screening by phone
- willing to complete the year-long program
- willing to give us your opinion of the program

This program is part of a research study to learn about ways to support people in their goals of achieving healthy lifestyle behaviors.

**Study Title:** Improving Health in Low Income Communities: Virtual Delivery of a Diabetes Prevention Program
Facilitated by Community Care Coordination

For more information, please call Rockiy at (203) 732-1125