

REQUEST FOR FEMALE RESEARCH PARTICIPANTS

The FSU College of Education, Health, and Human Sciences
is conducting a study on exercise and sleep



Join our 6-week exercise study!

You may qualify if you:

- Are a woman between the ages of 50 and 75 years old
- Have excess body weight
- Do not exercise regularly

You may receive:

- Health screening
- Supervised exercise
- Up to \$50, upon study completion



**For more information, scan QRcode,
email, or call 850-645-1234**

