

Participants needed for a physical activity program for older adults

Who? Inactive older adults aged 65+

What? Complete initial online screening (takes ~10 minutes) to determine possible eligibility

Visit lab in Ramsey, for in-person screening visit to complete paper & online tests to finalize eligibility (~90 mins)

Participation will last about 4.5 months with multiple visits to our research site and participation in our social media group. Classes are twice per week for 1 hour, and will be held in the Center for Physical Activity and Health. Your participation in the social media group will take roughly 15 minutes per day.

Why should I? Help us learn something!

My time is limited Upon successful completion of initial visits, physical activity classes, and follow-up visits, you will be provided with a free 2-month membership to the Center for Physical Activity and Health (CPAH), which is valued at \$70.00.

I want to participate! Follow the link or scan the QR code to see the screening questions: https://ugeorgia.qualtrics.com/SE/?SID=SV_880qOpCBaq83Lnf

Questions? Email LIKEdawgsUGA@gmail.com



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