



# Healthy Weight & Healthy Aging



Are you an adult over the age of 50 currently managing weight loss or trying to lose weight? We invite you to join a special Community Engagement (CE) Studio, where your lived experience can help guide weight loss intervention research. Share your insights, connect with researchers and make a real impact. Your voice matters!

## Who Can Participate

- Cleveland residents who are..
- Adults aged 50+ interested in weight management and/or individuals with diet-related chronic conditions (e.g., diabetes, high blood pressure, arthritis) **OR**
- Adults age 50+ who have tried medications to support weight management **OR**
- Caregivers (30s-40s) of adults aged 50+ managing obesity or related conditions

## What's Involved

- Attend a 2-hour in-person session with other participants and researchers in Cleveland, OH
- Share your experiences and feedback about weight loss and maintaining a healthy weight
- Help identify effective ways to lose weight and lifestyle changes
- Enjoy refreshments during the session
- Receive \$100 as a thank you for your participation

Your insights will help researchers identify effective weight loss intervention methods for older adult Cleveland residents.

For questions contact [Ivory Simms](mailto:ivs34@case.edu) at [ivs34@case.edu](mailto:ivs34@case.edu) or 216-368-5774

## Meet the Researchers



Lia Logio, MD  
CWRU



Hope Barkoukis, PhD  
CWRU

## Community Facilitator



Tiffany James, CHW  
The Growth Potential Group

To Sign Up Click or  
Scan the QR Code

