

# RESEARCH PARTICIPANTS NEEDED

UBC researchers are inviting older adults with a study partner to participate in a study on social support for health behaviors

## WHAT WILL WE HAVE TO DO?

- Participate in two appointments, complete everyday questionnaires on a tablet & wear physical activity monitor for 10 days, provide a blood sample.



## WHO CAN PARTICIPATE?

- Eligibility: being 60 years or older and participating together with a study partner. Call for additional criteria.

## WHAT IS IN IT FOR US?

- Giftcard or receive an activity tracker.



## HOW DO WE GET STARTED?

Phone **604-822-3549** or e-mail us at [allies@psych.ubc.ca](mailto:allies@psych.ubc.ca)!



Sponsors: This research is supported by a grant from the Canadian Institutes of Health Research.

## Allies in Health Study

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