

## **VOLUNTEERS NEEDED FOR PARTICIPATION IN A RESEARCH STUDY ON COMMUNITY HEALTH PROGRAMS AND CANCER**

### **PARTICIPATION**

Are you currently receiving treatment for a current cancer diagnosis? You may be eligible to participate in a 12-week study looking at the effects of community health exercise and nutrition programs on inflammation on people with cancer.

### **YOU MAY QUALIFY IF:**

You are over 18 years old.

You have a current cancer diagnosis and are currently receiving some form of treatment.

You are not currently already participating in an exercise or nutrition intervention.

### **PARTICIPATION INVOLVES:**

Completion of a blood draw and questionnaires before and after participation in a 12-week exercise and/or nutrition intervention.

Participation in the nutrition intervention will take place at Cuisine for Healing.

Participation in the exercise intervention will take place at Fitsteps for Life.

### **POTENTIAL BENEFITS:**

There is a large amount of research demonstrating the health benefits from exercise and nutrition programs for people with cancer.



### **LOCATIONS:**

TCU Campus Recreation Center and Rickel Academic Building: 3005 Stadium Dr. Fort Worth TX, 76109.

Fitsteps for Life  
6913 Camp Bowie Blvd.  
Suite 175., Fort Worth, TX 761116.

Cuisine for Healing  
1614 Mistletoe Blvd, Fort Worth, TX 76104.

### **FOR MORE INFORMATION PLEASE CONTACT:**

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