

INTERESTED IN LOSING WEIGHT & KEEPING IT OFF LONG-TERM?

The UF Health Promotion Lab is seeking volunteers to take part in Project STAR: a research study aimed at helping people learn skills to lose weight and keep it off long-term.

Eligible volunteers will receive a no-cost 16-week program followed by an additional 20 months of smartphone-based support. Compensation for completion of study visits will be provided.

To take part, you must:

- Be over the age of 18
- Own an Apple or Android Smartphone
- Be willing to complete the full 2-year program

For more information, call: (352) 273-5235
or email: projectstar@phhp.ufl.edu

Study Contact:

Kathryn Ross, PhD MPH

Health Promotion Lab

UF Department of Clinical and Health Psychology

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Weight-Loss Maintenance Study

Are you interested in losing weight and keeping it off long-term? The UF Health Promotion Lab is seeking volunteers to take part in Project STAR: a research study aimed at helping people learn skills to lose weight and keep it off long-term. Eligible volunteers will receive a no-cost, 16-week program followed by an additional 20 months of smartphone-based support. You may be eligible to participate in this research study if you:

- Are between 18 and 70 years of age
- Own an Apple or Android smartphone
- Are willing to complete the full 2-year program

For more information, call: (352) 273-5235 or email: projectstar@phhp.ufl.edu

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