Researchers at the University of Kentucky College of Nursing are inviting you to participate in a lifestyle training study to help decrease the risk for heart disease in family caregivers who care for a loved one with a chronic disease.

You may be eligible to participate if you:

• Are 21 years of age or older;
• Live in a rural area in Kentucky or surrounding states;
• Are a spouse, partner, family member, or friend living in the same home as a loved one or friend with a chronic disease and you give care or support to them; and
• Have at least 2 risk factors for heart disease (such as a family history of heart disease, being overweight or obese, a sedentary lifestyle, smoking, high blood pressure, depression or stress, high cholesterol, a diet high in fat or low in fruits and vegetables, or diabetes).

Lifestyle training may be delivered to you via videoconferencing using modern technology in the comfort of your own home. Data will be collected and a fitness assessment conducted at a time and place convenient to you.

Research Investigators for this study:
Debra Moser, PhD, RN and Misook Chung, PhD, RN

For more information, please contact:
Theresa Back
859-323-6656/Toll Free: 800-896-8066
tback2@email.uky.edu

An Equal Opportunity University