



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
IRB201803061

