

Moving Forward

ARE YOU AN AFRICAN-AMERICAN
BREAST CANCER SURVIVOR
AND OVERWEIGHT?

WOULD YOU LIKE TO BE INVOLVED IN
A HEALTHY EATING AND EXERCISE
RESEARCH PROGRAM?

IF SO,
MOVING FORWARD
IS FOR YOU!

What is MOVING FORWARD?

- A lifestyle weight-loss program developed with African-American breast cancer survivors
- A program that will give you tools to lead a healthy lifestyle
- A research study that will help us understand how weight-loss affects African-American breast cancer survivors

Who is it for?

African American breast cancer survivors who:

- Are overweight
- Are age 18 years or older
- Had stage I, II or III breast cancer
- Are at least 6 months post-treatment (you can be on hormonal therapy or aromatase inhibitors)

Participating Women will:

- Complete a 1½ hour interview
- Have blood drawn for free
- Receive free body composition measurement
- Be randomly assigned, by chance, to one of two groups
- Complete follow-up interviews, blood draws, and body composition measurements 6 months and 12 months after the first interview
- Receive payment for time and effort

Group assignment will be by chance.

Group 1 includes:

- 2 weight-loss counseling and exercise classes per week for 6-months at a local Chicago Park District facility
- Text messages to keep you motivated
- Free gym membership for one year

Group 2 includes:

- A 6-month guide filled with weekly lessons covering healthy eating strategies and ideas for exercise
- handy weight loss tools
- Free gym membership for one year once the study is over

Questions?

Interested?

CONTACT US TODAY

(312) 996-6880

or

movingforward@uic.edu

Moving Forward

Losing weight and changing your diet and exercise habits could lead to improved health and better quality of life.

Moving Forward wants to help you reach your goals!

Look inside for more info about getting involved in **Moving Forward**, a weight-loss research program for African-American breast cancer survivors.



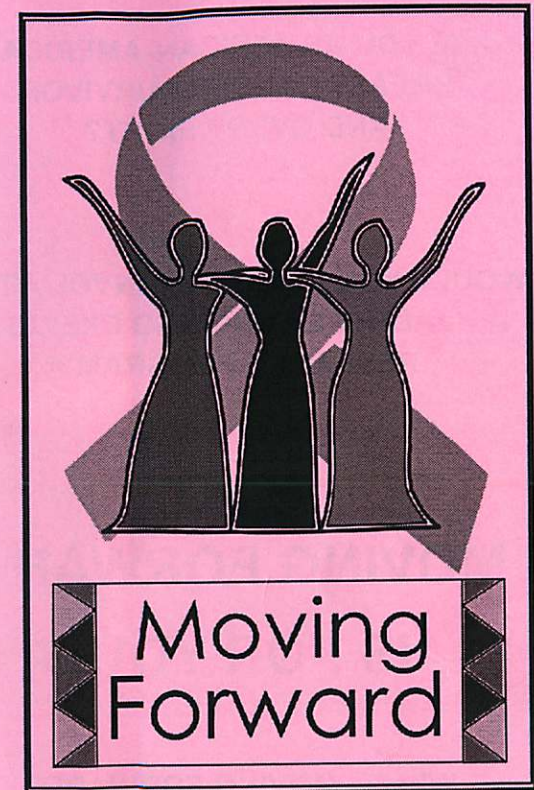
Moving Forward is coming to *A Park near you* *In Englewood*



Weight Loss
for
African-American
Breast Cancer Survivors

University of Illinois at Chicago
Protocol # 2011-0614

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