



# Join a Cancer Survivorship Research Study

## *BfedBwell* Nutrition Program

### Your participation would include...

Completion of a 12-week cancer survivorship nutrition program, BfedBwell, consisting of:

- Weekly group education sessions
- Monthly cooking demonstrations
- Monthly 1:1 counseling with a dietitian
- Weekly questionnaires
- Five in-person data collection visits
  - Vitals, height, weight, and blood draw
  - At-home sample collection (stool, urine)
  - Diet, physical activity, and body composition assessment

### You may qualify if you...

- Are 18-75 years old
- Speak English
- Have access to the internet and the ability to come to CU Anschutz Medical Campus
- Have a BMI 25-45 kg/m<sup>2</sup>
- Have a history of cancer
- Have completed active treatment within the past 5 years
- Do not meet diet or physical activity recommendations

Scan the QR code to see if you qualify!

**INTERESTED, PLEASE CONTACT CLAUDIA SCHAEFER**

BfedBwell@cuanschutz.edu | 303-724-8489

**Compensation provided!**

**Complimentary participation in BfitBwell exercise program.**

