

Are you interested in losing weight?

Do you own a smartphone?



**We are recruiting men and women
between the ages of 18 and 65 for a weight
loss program that includes nutrition and
exercise counseling**

**Study participation will last for 12 months.
Compensation will be provided.
Protocol #: H17-210**

**Please call 860-486-8480
or e-mail mhealthstudy@uconn.edu**

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