



# Join a Cancer Survivorship Research Study

## *BfedBwell* Nutrition Program

### Your participation would include...

Completing a 6-month cancer survivorship nutrition program consisting of:

- Group education sessions, group support sessions, cooking demonstrations, and 1-on-1 counseling with a dietitian with the BfedBwell nutrition program
- Support for aerobic and resistance exercise with the BfitBwell exercise program
- Use of a fitness tracker and smart bathroom scale to log behaviors and body weight
- Assessments of your body composition, lab values, dietary intake, and physical activity

Scan the QR code to see if you qualify!



### 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 diagnosis of any adult cancer within the past 10 years
- Have finished all planned surgery, radiation, and chemotherapy treatments 3 or more months before the study starts
- Do not meet diet or physical activity recommendations

**INTERESTED? PLEASE CONTACT THE BFEDB WELL STUDY TEAM.**

BfedBwell@cuanschutz.edu

***Compensation provided!***

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