



Community Wellness Study

Seeking participants who:

- ◆ Are ages 45-64
- ◆ Have been diagnosed with any medical condition (such as Muscular Dystrophy, Amputation, Spinal Cord Injury, CMT, Multiple Sclerosis, etc.) that impacts daily living/quality of life.
- ◆ Experienced symptoms before age 40

The University of Washington Department of Rehabilitation Medicine is conducting a study to increase our knowledge about aging with a physical disability. The purpose of this study is to see if a telephone based health and wellness program can help individuals with long-term physical disability.

Participation in this research would involve talking on the phone with a wellness coach approximately once a month for 6 months or continuing your normal care with no phone calls. All participants will fill out 4 surveys over the course of 1 year that will take approximately 60 minutes each.

Participants will be compensated for their time and effort.

For more information, please contact us:

1-866-928-2114

communityhealthstudy@uw.edu

UW Medicine
DEPARTMENT OF
REHABILITATION MEDICINE