

# Join the Koa Family Study!

Now is your time to thrive. 2021 is the year to reclaim **YOU**. Empower your mind with healing thoughts, nourish your body with healthy foods, and feed your spirit with mindful actions.

**Join the Koa Family Study** to share experiences and build a supportive community with other women interested in losing weight and learning how wholehearted living can transform your lives.



Learn more or join the Study today!



Website: <https://studypages.com/s/koa-family-program-strong-healthy-whole-301164/>

Call: (916) 866-3400

Email Sabrina: [sfloureiro@ucdavis.edu](mailto:sfloureiro@ucdavis.edu)

## What does the study involve?

- The study lasts for **6 months**: February - July 2021.
- During the first 4 months of the study, some participants will take part in a **whole health program** that meets weekly on Zoom in small groups with a life coach to learn about **healthy eating, well-being, and weight management**, and participate in a **tree planting** campaign in your community.
- A digital scale provided by the research staff will record your weight on a daily basis.
- All participants will be asked to **complete 3 surveys**. You will receive a \$30 Target gift card for each of the surveys you complete (up to \$90 in total).

## Who can participate?

- Women aged 21–45 years old
- Interest in losing weight
- Comfortable speaking and reading English
- Living in a low-income household
- Living in the Sacramento region
- Access to a computer or tablet\* and Internet/WiFi and ability to receive text messages (\*a **limited number of loaner tablets may be available**, but Internet/WiFi access still required)