

Attention Military Families

CALL US NOW!

If you want to lose weight and keep it off...

The DoD is sponsoring a research study to bring safe and healthy weight loss programs to military families (YOU!).

Eligibility:

- A dependent of active duty or retired military personnel
- Are at least 18 years old
- Overweight

The program offers:

- Educational and behavioral counseling to promote weight loss
- Free interactive group classes
- Support by Registered Dietitians

*Improve the health of yourself,
your family, and your nation!*

Contact us for more information:

617-556-3143
HF2Study@tufts.edu

We look forward to hearing from you!

*** Stipend of up to \$400 if you qualify and complete the study ***



