

An Opportunity for Older Adults Living with Diabetes

You may qualify for this study if you are...

Living with Type 2 Diabetes for at least one year.

Taking medication (oral or insulin) for diabetes

Interested in helping others living with diabetes

The Myers Research Institute of Menorah Park Center for Senior Living is conducting a research study for persons aged 60 and over who have Type 2 diabetes.

The goal of this study, funded by the **Retirement Research Foundation**, is to develop a program to help older adults manage their diabetes independently.

In this study you will:

- Help researchers develop a program to help people manage their diabetes independently.
- Meet with researchers to discuss how you currently manage your diabetes, at a time and a place convenient for you.
- Participate in two nutrition education sessions on diabetes self-management, conducted at a time and place convenient for you.
- Participate in follow-up training conducted over the telephone.
- **Earn up to \$30 for your participation**

If you would like more information, call Mike Skrajner at the telephone number below.

Michael Skrajner, MA
Research Associate
Myers Research Institute
27100 Cedar Road
Beachwood, Ohio 44122
(216) 831-5452 ext.292