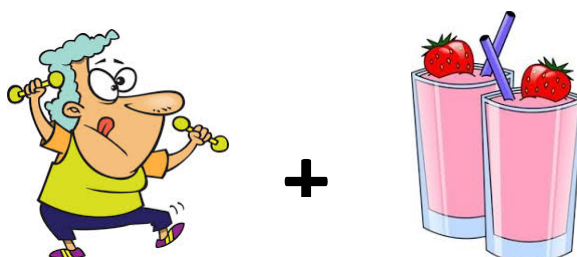


# VOLUNTEERS NEEDED

FOR EXERCISE & PROTEIN STUDY (EXPRESS Study)

Transport  
subsidy upon  
request

We are looking for older volunteers to participate in a study examining the effects of exercise in combination with protein intake on physical function in older people living in the community.



You are eligible to volunteer in this study if you are:

- Aged 65 years or older
- Living at home (or in an independent living unit)
- Willing to participate in an exercise program including one centre based exercise session and at least 2 strength home based exercise sessions per week
- Willing to consume 1 sachet of protein supplement in a glass of water (150 ml) twice per day
- Study period: 6 months

Interested?

Please contact Ms. Agathe Daria Jadczyk via phone: 8133 4012 or email: [agathedaria.jadczyk@adelaide.edu.au](mailto:agathedaria.jadczyk@adelaide.edu.au) to confirm your eligibility for this study.

*This study is proudly supported by the Queen Elizabeth Hospital, CSIRO, the Basil Hetzel Institute, ACH and the CPAA.*

Your personal information will be treated in complete confidence.

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