



The West Virginia University Department
of Community Medicine and Center on
Aging

Taking Charge for a Healthier You

Are you 55 years or older? Do you have a chronic condition? We would like to invite you to participate in this **free** research study conducted by Dr. Turner Goins. The goal of this study is to offer an online workshop to teach techniques to help you manage your chronic disease and to measure the effects of this workshop.

This study will take place over a 6 week period and will involve participating in an online workshop about 2.5 hours a week. It will also involve taking two online surveys.

If you have any questions or are interested in participating, please contact R. Turner Goins, PhD or Joshua Byrd at 304-293-2968 or via email at jbyrd@hsc.wvu.edu. We look forward to working with you!

WVU Department of Community Medicine

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IRB Approval on File