

VOLUNTEERS NEEDED for a Research Study for People with Spinal Cord Injury (SCI)

This study will test a health promotion program for people aging with SCI.

You may be eligible if you:

- ✚ Have had a traumatic spinal cord injury (SCI)
- ✚ Are at least 45 years of age **OR** have had your injury for at least 15 years
- ✚ Have access to a smartphone, tablet or computer with internet connection
- ✚ Are able to communicate in an online group in English
- ✚ Live in the U.S.

The 8-week *Living Longer and Stronger with SCI* program (LLS for short) is a group health promotion program offered online in Zoom.



Eligible participants will be randomized (like flipping a coin) to either the LLS program or a control group.

All participants will complete online questionnaires on three occasions. Participants will receive a small payment for their time.

CONTACT US to find out if you are eligible!

by phone: **713-797-7572**

by email: TIRR.LLSstudy@uth.tmc.edu

OR

Scan the QR code to provide your contact information



The study is funded by the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR). The study is conducted by TIRR-Memorial Hermann's Spinal Cord Injury and Disability Research Center in Houston, Texas in collaboration with investigators affiliated with the University of Texas Houston Health Science Center, and the University of Montana.



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