

Kansas Disability and Health Program

WANT TO BECOME PHYSICALLY ACTIVE?

Join our online physical activity program for people with mobility disability!

Researchers are looking for 15 people with mobility disability to take part in a 16-week, online physical activity program. Participants will attend weekly meetings online and exercise on their own. Participants will be provided with optional exercise equipment (arm cycle, resistance bands) and activity tracking wearable device (watch) and will be compensated for their time.



Participants must:

- Be at least 18 years old
- Have a mobility disability and use a wheelchair
- Be able to use arms for exercise
- Have access to the internet
- Reside in Kansas

For details or to sign up,

Email lyndsiek@ku.edu or call 785.864.1611

