

Do you or someone you know have **Type 2 Diabetes**? Interested in participating in a weight loss class at no cost?

The CU Anschutz Health and Wellness Center is seeking volunteers with **Type 2 Diabetes** for a weight loss research study looking at the role of dietary protein in weight loss and the remission of type 2 diabetes.

Participants will be asked to participate in:

- Approximately a 12 month study
- 16-week **State of Slim** weight loss program
- 36-week **State of Slim Next Steps** weight loss maintenance program

Participants will receive (at no cost):

- Monetary stipends
- Body composition scans
- Lab work

Are you eligible to participate?

- 18 years old or older
- Have Type 2 Diabetes diagnosed within the last 6 years
- Have overweight or obesity (BMI ≥ 27)
 - Check your BMI at:
http://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm
- Willing to participate in weekly group weight loss classes for 16 weeks, bi-weekly weight loss maintenance classes for 36 weeks, and attend four study visits over a 12-month period at the Anschutz Medical Campus
- Not vegetarian
- Are willing to regularly consume lean red meat OR to not consume any red meats

**For more information, please call 303-724-9198
or email wellness.research@ucdenver.edu**

WELLNESS
CHANGES
EVERYTHING

