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*How can I find more information?*

Website: [www.sharc-research.org](http://www.sharc-research.org)  
Twitter: @SHARCTWEETS  
Facebook: Southern HIV & Alcohol  
Research Consortium—  
SHARC



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# 30-90 Day

**Do you think you can quit  
drinking for 30 days?**

**Do you want to know how  
your health improves if  
you quit for 30 days?**

**Find out more inside!**



# The 30-90 day challenge

## What do we want to know?

If you quit drinking for 30 or even 90 days:

- Will your health improve?
- Will your brain functioning improve?



## Who can participate?

If you are:

- Over 50 years of age
- Currently consume 21+ drinks/week
- Think you can quit drinking for 30 or more days

## What you need to do to take part in this study?

You will be requested to complete:

- A series of survey questionnaire
- A MRI scan
- A series assessment of thinking and learning skills
- Blood and urine sample collection
- 4 visits: Baseline, 30-day, 90-day, and 1-year, each visit last 5-6 hours

And:

- Try to not drink any alcohol for at least 30 days, up to 90 days
- Wear a transdermal alcohol monitor AT ALL TIMES while participating in the study
- We will give you a card to show that this is not a law-enforcement device



## Compensation:

- You can be paid up to \$1500 for participating the study!

## How can I participate?

Call our staff today at:

**(305) 243-3711**



**All information will be confidential!**