



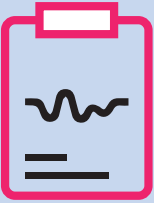
**THE 30 DAY
CHALLENGE**

Can you stop or
reduce drinking
for 30 days?

Get paid to
take the
challenge!

SHARC

Southern HIV & Alcohol
Research Consortium



Why take The 30 Day Challenge?

Alcohol consumption affects people in different ways. We want to find out if you stop or reduce drinking for 30 days:

- Will your health improve?
- Will your brain function improve?

Help us find out!



Who can participate?

- Miami-area residents
- Age 50+ years
- Currently drink several times per week
- Willing to stop or reduce drinking for 30 days
- Able to have an MRI scan



What is involved in the study?

- 5 study visits over the course of a year
- Small blood test
- Urine sample
- Health questions
- Thinking tasks
- MRI
- Liver scan
- Wearing an alcohol monitor



How can you participate?

Call, text or email our staff today for more information on the 30 Day Challenge.

305-209-3348
FIUSHARC30DayChallenge@gmail.com

All information will remain confidential

Get Paid to drink less!