

If you are looking to
connect with others or
feel healthier

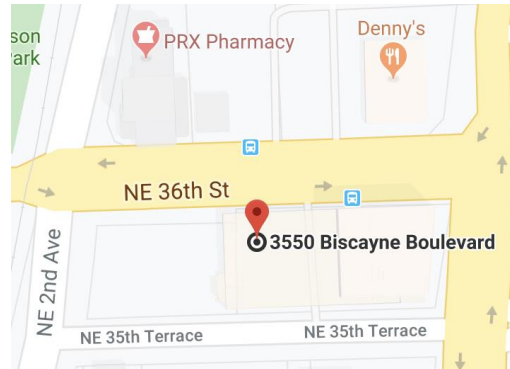
JOIN US!

What is involved?

- Weekly, gentle movement classes
- 3 interviews
- **Earn up to \$130**



We are here:



You might qualify

Call us to find out

(305) 456-0452

(305) 456-2985

thegemstudy@fiu.edu

FIU

**Robert Stempel College
of Public Health
& Social Work**



**The G.E.M.
STUDY**

**GENTLE
EMPOWERING
MOVEMENT STUDY**

**You may improve your
quality of life through
slow and low impact
movements**

With GEM you can:

Get your body moving and stay healthy

Earn up to \$130

Meet new people

Are you interested?

Possible benefits of Gentle Empowering Movements



Give us a call to learn more!

(305) 456-0452

(305) 456-2985

Are you?

- 50 years or older?
- HIV positive?
- **Able to commit 1 hour a week for 3 months**

Do you have time?



To



Per Week