## HELP US DESIGN INCLUSIVE FITNESS PROGRAMS FOR ADULTS WITH ID



Physical Activity and Community Empowerment

We are looking for English-speaking adults (18+) with a diagnosis of intellectual disability, their caregivers, and a coaching partner to participate in a research study together at UNC Chapel Hill!

## What to expect

- Participate in our 16-week exercise program
- Attend 4 to 6 study visits
- Compensation information provided upon request



If you are interested, please contact: PACEProgram@unc.edu or 919-966-4761

• For questions or concerns about your rights as a research subject, please contact the Institutional Review Board at 919-966-3113 or by email to IRB\_subjects@unc.edu.

IRB #24-0921