

# DO YOU HAVE TYPE 2 DIABETES?

## HAVE YOU EVER WANTED TO TRY WEARING A FITNESS WATCH?

**PLEASE  
EMAIL  
THUDSON120@RAMS.WSSU.EDU  
OR  
CALL  
704-280-2378**

Volunteer for research  
concerning health  
behaviors in individuals  
with Type 2 Diabetes!

**Who:** Adults who have a medical  
diagnosis of Type 2 Diabetes

**What:** A wearable device will be  
given to you for a 90-day trial. You  
will only be required to commit to  
60 minutes of pre and post-test  
sessions and bi-weekly check-ins



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