

Study of Being Active After a Stroke

Whether or not you exercise regularly, you are invited to participate in this research project. We want to learn about your challenges and successes with physical activity after a stroke.



Things you need to know

- We are interested in hearing about your experience choosing to exercise or not exercise after a stroke.
- We are recording one 30-45 minute interview either on the computer or the phone.
- You may stop the interview at any time.
- Risks include feeling emotional about topics being discussed. There are no direct benefits to you.
- You will be compensated with a \$25 gift card.
- If you have further questions and/or wish to participate, contact Amy Silva-Smith RN at (719) 255-4490 or by email at asilvasm@uccs.edu .



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