

Are you a survivor of **endometrial or ovarian** cancer?

Are you **married or in a committed partner relationship**?

Would you be interested in 10 weeks of **ballroom dance lessons**?

If yes, contact **RHYTHM** today to see if you are eligible.

...**RHYTHM**...

Restoring Health in You and Your Partner Through Movement

205-975-7223

RHYTHM@uabmc.edu

...**RHYTHM**...
Restoring Health in You and Your Partner Through Movement
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more about

... RHYTHM ...

Restoring Health in You and Your Partner Through Movement

RHYTHM

is a National Institute of Health (NIH) study investigating the effects of a 10-week series of beginning ballroom dance lessons on the physical, social, and psychological well-being of cancer survivors and their spouses/partners.

Participants will be asked to...

Attend 10 private lessons over 10 weeks.

Each lesson is 45 minutes long.

Attend 2 group practice parties.

Each party is one hour long.

Practice 30 minutes a day, and keep a log of their activity.

Complete 4 clinic visits in the next 9-12 months .

Clinic Visits



Clinic visits will take place at Medical Towers in Birmingham.

They will include:

- Questionnaires
- 6 Minute Walk Test
- Measurements such as Height, Weight, and Blood Pressure

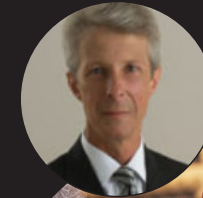
No Cost to You

All measures, lessons, and parking are free of charge to participating couples.

Couples will be compensated with a check for \$50.00 following their clinic visits for completing study measures.



Dance Lessons



Richard Silver, is a Fred Astaire instructor with over 30 years of experience. He will teach the dance lessons at Fred Astaire Birmingham.



This studio is located near the Southside of Birmingham. National Fred Astaire Studios suggest couples may find these benefits from ballroom dancing: fun, friendships, confidence, creativity, and overall fitness.

**Interested?
Call us for more
information!**

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