

EXERCISE-BASED LIFESTYLE PROGRAM

Are you or someone you know currently living with schizophrenia spectrum disorder, major depressive disorder, or bipolar disorder?

Are you interested in participating in light exercise and learning more about healthy lifestyle habits?

If so, please consider joining an 8-week walking group and healthy living education program!

- Participation includes three walking sessions and one educational session per week.
- Healthy snacks and water will be provided.
- You will complete some questionnaires, which you will be compensated for.



Interested? Want more information?

**CALL 508-856-MIND(6463) OR
EMAIL MIND@UMASSMED.EDU.**

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UMass Mind

Clinical and Research Program

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