SAHELI
SOUTH ASIAN HEALTHY LIFESTYLE INITIATIVE

HIGH BLOOD PRESSURE?
HIGH CHOLESTEROL?
DIABETES?

You may qualify for a free research study working to reduce heart disease & diabetes risk in the Desi community. Understand your risks by reaching out to SAHELI for a free health screening.

Qualified participants may receive up to $175 & healthy lifestyle classes at no cost.

To qualify you must:
• Be a South Asian adult (18-65 years old)
• Have not had a heart attack or stroke
• Live in the Chicago area

For additional information, please contact:

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(847)-933-8252
www.sahelistudy.org

Study Title: Community Translation of the South Asian Healthy Lifestyle Intervention (SAHELI)
Northwestern University IRB Number: STU00204939
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