



# 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:



@sahelistudy



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Study Title: Community Translation of the South Asian  
Healthy Lifestyle Intervention (SAHELI)  
Northwestern University IRB Number: STU00204939  
Principal Investigator: Namratha Kandula, MD, MPH