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This study has been reviewed by, and received ethics clearance through a University of Waterloo Research Ethics Committee.

ARE YOU OVER THE AGE OF 45

AND WANT TO CONTRIBUTE TO FURTHER UNDERSTANDING OF HEALTH AND PREVENTION OF INJURIES IN CANADIAN SENIORS?

You may be eligible to participate in this research that aims to learn about health and mobility related impairments in Canadian seniors, if you meet the criteria:

* Over the age of 45

If you choose to participate in this study, you have the option of being entered into a draw for a prize! You will be e-mailed a link with a survey to complete.

If you would like more information, please contact:

**Sarah Laberge:** selaberg@uwaterloo.ca

**Melissa Roetcisoender:** mlroetci@uwaterloo.ca

Researchers at the University of Waterloo are conducting a research project for which you may be eligible!

We would like to learn about:

* Health and mobility related impairments
* Chronic disease prevalence rates
* Injury prevention
* Lifestyle choices of those over the age of 45 and how they affect one’s health over time