

# FOCUS GROUPS: WE NEED YOU

## WHAT IF WE ENGAGED NEW WAYS TO SUPPORT YOUR HEALTHY LIVING JOURNEY?

Our recent Vision Sessions with client participants highlighted the need to find new ways to communicate with and inspire our client community. Responding to this valuable insight, we're ready to trial some exciting ideas.

Partnering with researchers from the Schools of Public Health, Health and Rehabilitation Sciences, Human Movement and Nutrition Sciences and Enable Health Consultancy, we are hosting focus groups to explore text message intervention to support adults to sit less and move more.\*

Please help us help you by attending a focus session to explore this new terrain.

\* More information available upon request.

### Mon 11th Nov

*Group A: 9:00am - 10:30am*

*Group B: 10:30am - 12:00pm*

### Tues 12th Nov

*Group C: 10:00am - 11:30am*

To register for your preferred group **p: 07 3443 2586** or  
**e: [uqhealthyliving@uq.edu.au](mailto:uqhealthyliving@uq.edu.au)**

