Want to help fellow cancer survivors?
Looking for adult cancer survivors interested in being part of a small group health coaching study being conducted on Zoom.

**What is this study about?**
The purpose of the study is to determine the feasibility of providing group-based health coaching through a videoconferencing platform (Zoom) for cancer survivors. We also want to determine the program’s ability to improve your health, fitness, and wellbeing.

**Why participate?**
- You will have the support of a professionally trained coach and fellow peers to help you think about what kind of health, fitness, and wellness changes you may want to make.
- You may learn skills to help you build confidence in your ability to make the lifestyle changes you want to make and be given the tools to sustain them.
- You may contribute valuable knowledge that could benefit other cancer survivors in the future.
- You may be compensated up to $75 for participating in this study and completing all study surveys.

**Who can participate?**
- Adults 18 years of age or older who have been previously diagnosed with cancer (may be a new or long-time survivor).
- Must have access to the internet and the videoconferencing platform, Zoom.
- Be willing to attend 6 small group health coaching sessions over a 3-month time period.

To sign up, or for more information, contact Nicole Berzins at nicolejb@udel.edu