



Interested in improving your health?

See if you qualify to participate in a 12-week intervention to learn about healthy eating, specifically focusing on watermelon. The study will include healthy cooking classes, physical activity and stress-reduction techniques to reduce chronic inflammation in the body.

Irritation in the body (inflammation) may cause cancer, heart disease and diabetes. This study will involve 12 weekly classes (3 months) where you'll learn more about healthy eating, exercise, and stress management.

All meetings will take place at the University of South Carolina. Visit www.imaginehealthy.org if interested or...

Contact:
Shraddha Vyas, PhD, Site Coordinator



Shraddha Vyas, Watermelon Study
803-576-5690
svyas@chi-llc.net

Shraddha Vyas, Watermelon Study
803-576-5690
svyas@chi-llc.net

Shraddha Vyas, Watermelon Study
803-576-5690
svyas@chi-llc.net

Shraddha Vyas, Watermelon Study
803-576-5690
svyas@chi-llc.net

Shraddha Vyas, Watermelon Study
803-576-5690
svyas@chi-llc.net

Shraddha Vyas, Watermelon Study
803-576-5690
svyas@chi-llc.net

Shraddha Vyas, Watermelon Study
803-576-5690
svyas@chi-llc.net

Shraddha Vyas, Watermelon Study
803-576-5690
svyas@chi-llc.net

Shraddha Vyas, Watermelon Study
803-576-5690
svyas@chi-llc.net

Shraddha Vyas, Watermelon Study
803-576-5690
svyas@chi-llc.net