

Do you have atrial fibrillation and obesity?

You may be eligible to participate in the **BeWEL in CR-AF Study!**

The University of Calgary Conjoint Health Research Ethics Board has approved this study (REB22-0976)

ABOUT THE STUDY:

Behavioural weight loss interventions teach people how to better manage their eating, increase their physical activity, and maintain other healthy behaviours. The **BeWEL in CR-AF Study** wants to understand how one of these programs can help patients with atrial fibrillation and obesity in cardiac rehabilitation.

PARTICIPATION:

Eligible participants will be randomly selected to complete the program. If you are selected, you will be asked to attend free weekly 2-hour group-based online sessions for 12 weeks, and then attend 6 bi-weekly follow-up sessions. Participation in the entire program will take 6 months.

Interested patients are encouraged to complete the contact form and return it to the box at reception labelled "**BeWEL in CR-AF Study Contact Forms**".



To learn more, scan the QR code and watch a video about the study



www.behaviouralmedicinelab.ca



(403)-619-7911



behmed@ucalgary.ca

Full Name:

Signature and Date (Y-M-D):

Phone number:

Email:

Best day(s) to be contacted: Mon Tue Wed Thu Fri Sat Sun

Best time(s) to be contacted: Morning Afternoon Evening

Please also place a checkmark in the boxes that apply to you:

I consent to be contacted about the BeWEL in CR-AF study by a member of the Behavioural Medicine Laboratory at the University of Calgary. I understand that this is a voluntary research study and my consent to be contacted does not commit me to participate. (required)

I would like to be contacted by the Behavioural Medicine Laboratory about future research opportunities. (optional)



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