

Are you or someone you know providing regular care to an adult family member or friend?

The Wisconsin Alzheimer's Institute Regional Milwaukee Office, Marquette University College of Nursing, and UW-Milwaukee invite you to participate in a research study to improve overall wellness of African American women caregivers.

Who is needed for this study?

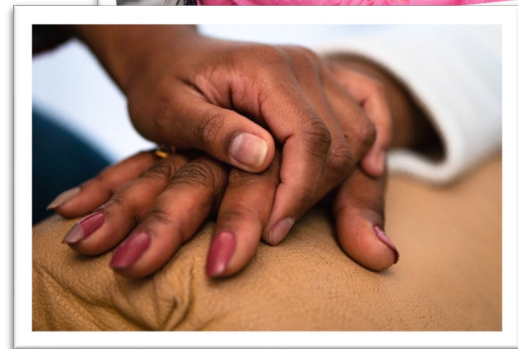
- 30 African American women caregivers aged 18 or older.
- Must be providing care to an adult family member or friend aged 50 years or older who has a health problem or disability.
- Must have access to the internet and a device (i.e., computer, tablet, or smartphone) capable of videoconferencing.

Why should you participate in this study?

Despite being more engaged in caregiving to provide direct care or support, data indicates that African American caregivers are less likely to consider caregiving as a burden but are more likely to report being in poor health. This study aims to implement a more innovative program that responds to mental health care and wellness of African American women caregivers.

Participation includes:

- Virtual 6-week group sessions by Zoom.
- Wearing a device that tracks rest and activity.
- Completing surveys and assessments
- Compensation up to \$185 for your time



Participation in this study is confidential and your privacy is protected. If interested, please call 414-219-5124.