

# RECRUITING FOR THE JOHNS HOPKINS NURSING STUDY!

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- ARE YOU A BALTIMORE RESIDENT AGED 65+?
- ARE YOU EXPERIENCING SLEEP PROBLEMS?
- DO YOU WANT TO ENGAGE IN PERSONALIZED EXERCISE/SOCIAL ACTIVITY?

*Join a paid  
12-month  
physical  
activity  
study!*



# STUDY DETAILS:

- **Location:** First appointment at Wald Community Nursing Center (901 N Broadway, Baltimore, MD 21205), with follow-up at your home.
- **Compensation:** Up to \$420 for participation in the entire study.
- **Perks:**
  1. **Personalized physical activity training at your home,**
  2. **digital devices, including a smartwatch and tablet,** during the period of the study,
  3. **snacks and water at the appointments.**



# ACTIVITIES INCLUDE:

- Engage in physical or social activities.
- Use devices to monitor your sleep environment (light, sound levels, air quality).
- Participate in interviews with our team.
- Complete cognition tests, physical tests, surveys, and questionnaires.

Contact mPATH study staff at  
**443-692-7169**  
or [mPATHstudy@jh.edu](mailto:mPATHstudy@jh.edu)