



Are you above 18? Do you have a social tie who is 60 or above?

Our Health and Adult Development Lab invites you to participate
in Allies in Health Study

Help UBC researchers understand how social support plays a role in
the everyday life of older adults from all backgrounds.

Who can participate?

- We are looking for participants (60+) to participate with an 18+ study partner (e.g., family member, friend, neighbour).
- We are especially interested in having different participants from all cultural, ethnic, and social/economic backgrounds.

What will you have to do?

- Attend 2 zoom meetings, complete short questionnaires, and wear a physical activity monitor for 10 days
- Optional blood draw at a Lifelabs

What is in it for you?

- Receive health feedback and a gift card or activity tracker

How do you get started?

email: allies@psych.ubc.ca or phone 604-822-3549



Interested in finding more about the study team? Please visit our study website (QR code)