



Framingham State
Food Study

Thursday, April 7 | 2 sessions

11:00AM TO 12:00PM

12:30PM TO 1:30PM

BLUMER ROOM, 150 CONCORD STREET

TOWN OF FRAMINGHAM EMPLOYEES
YOUR COUPON. YOU'RE INVITED TO LUNCH!

SAMPLE FOOD AND LEARN

about the third and final cohort of the Framingham State Food Study.
Enjoy 9 months of food-cost savings.



OVER THE FIRST TWO YEARS OF (FS)2 82 PARTICIPANTS LOST A TOTAL OF 1,923 POUNDS DURING THE WEIGHT LOSS PHASE AND KEPT IT OFF.

Join us for general information on the study and recruitment details, talk with the researchers, and hear from current participants in the study.

GET FOOD & SUPPORT FOR WEIGHT LOSS

At the end of the study, all participants receive a personalized health report including changes in body fat, lean mass, blood pressure, & cholesterol levels.

FINANCIAL COMPENSATION

For participation, you will receive compensation for your time & all your meals (a total value of up to \$6,500).

QUICK, EASY & NUTRITIOUS

All meals, snacks & beverages are made with fresh ingredients & prepared specifically for you.

RSVP REQUESTED

(BUT NOT REQUIRED)

Email: FS2@childrens.harvard.edu

FOR MORE INFORMATION

ON THE FOOD STUDY, PLEASE VISIT US AT

www.fs2foodstudy.org

TO REGISTER

OR FOR QUESTIONS, PLEASE CONTACT THE FS2 TEAM AT

617-919-7305 OR EMAIL

fs2@childrens.harvard.edu

