

Participants Wanted!

GoldenBytes: A Nutrition Education and eHealth Literacy Program for Community-Dwelling Older Adults living in Rural New Jersey



GOLDENBYTES

- Are you age 60 or older?
- Do you live in Salem or Cumberland Counties?
- Are you interested in learning how to use technology to manage your nutrition and health?

Then you would be a great candidate to participate in our community-based research program, **GoldenBytes.**

- This study aims to teach you how to use technology to better manage your nutrition and health through a 10-session curriculum.
- Sessions also include basic technology training and nutrition education.
- Subjects will receive \$100 in gift cards for their participation.
- Small group sessions will be held at Elmer Library and Millville Public Library.
- Schedule an informational phone call with Dara Lyn LoBuono, PhD, RD at lobuono@rowan.edu or (856)-256-4000 Ext: 53752 or (856) 244-8092.
- This study has been approved by Rowan University's IRB (Study # PRO-2025-63)

