



WOULD YOU LIKE WEIGHT MANAGEMENT NUTRITION COUNSELING?

Are you a new user of Wegovy or Zepbound for weight management?

You may qualify for a research study at **James Madison University's Integrative Nutrition & Physiology Lab** exploring how **precision nutrition counseling** can improve health outcomes.

What's Involved:

- 12 weeks of individual nutrition counseling
- Clinical tests: cholesterol, glucose, body composition, blood pressure
- Food intake records & physical activity tracking
- Follow-up testing at 6 months

Benefits:

- **FREE** nutrition counseling with a Registered Dietitian Nutritionist (telehealth available)
- Detailed health analysis (cholesterol, blood sugar, body composition)
- Personalized nutrition feedback
- **\$50 in fresh food tokens for the Harrisonburg Farmers Market**

Location: Burruss Hall, JMU, Free Parking

Interested? Contact Dr. Jeremy Akers, RDN

akersjd@jmu.edu, 540-568-8974

IRB Approved Protocol: IRB-FY25-783