



# Are you interested in learning more about your diet and immune health?

Opportunity to be involved in a research study interplay between diet and the immune system in individuals with Rheumatoid Arthritis

## Who we are looking for?

General healthy adults over 40  
Individuals with Rheumatoid Arthritis

## What will the study will involve?

A visit to the **University of Canberra** for completing:  
Questionnaires about Arthritis symptoms, diet, physical activity and general health  
(~2h to complete)  
A blood test to check immune cells

## When can you get involved?

Testing is scheduled anytime between March-August 2022

## What will you get?

Summary report of your dietary analysis  
Blood analysis

For more information about study participation please contact:

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