

# Are you: A healthy 18-40 year-old female?

## VOLUNTEERS NEEDED!!!

### Women's Cardio-Metabolic Health Study

We are conducting a research project to find out more about cardiovascular and bone health in these women.

Participation involves a **HALF DAY** visit (or two mornings) to  
Monash Centre for Health Research and Implementation (MCHRI) and Monash Medical Centre in Clayton for:

**Free** thorough medical check-up  
**Free** blood tests  
**Free** blood vessel function testing

**Free** DEXA scan (to assess body composition and bone density)  
**Free** pQCT (to assess calf muscle composition)  
**Free** BodPod (to assess resting metabolic rate)  
PLUS a **\$30 Thank You voucher**

#### Interested?

Please contact our project coordinator Ms Rong Shen on (03) 8572 2620 or  
by email: [WomensCardiometabolicHealthStudy@monash.edu](mailto:WomensCardiometabolicHealthStudy@monash.edu)

This project has received Ethics approval from Monash Health Human Research Committee

Ms Rong Shen (03) 8572 2620, OR, WomensCardiometabolicHealthStudy@ monash.edu	Ms Rong Shen (03) 8572 2620, OR, WomensCardiometabolicHealthStudy@ monash.edu	Ms Rong Shen (03) 8572 2620, OR, WomensCardiometabolicHealthStudy@ monash.edu	Ms Rong Shen (03) 8572 2620, OR, WomensCardiometabolicHealthStudy@ monash.edu	Ms Rong Shen (03) 8572 2620, OR, WomensCardiometabolicHealthStudy@ monash.edu	Ms Rong Shen (03) 8572 2620, OR, WomensCardiometabolicHealthStudy@ monash.edu	Ms Rong Shen (03) 8572 2620, OR, WomensCardiometabolicHealthStudy@ monash.edu	Ms Rong Shen (03) 8572 2620, OR, WomensCardiometabolicHealthStudy@ monash.edu
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