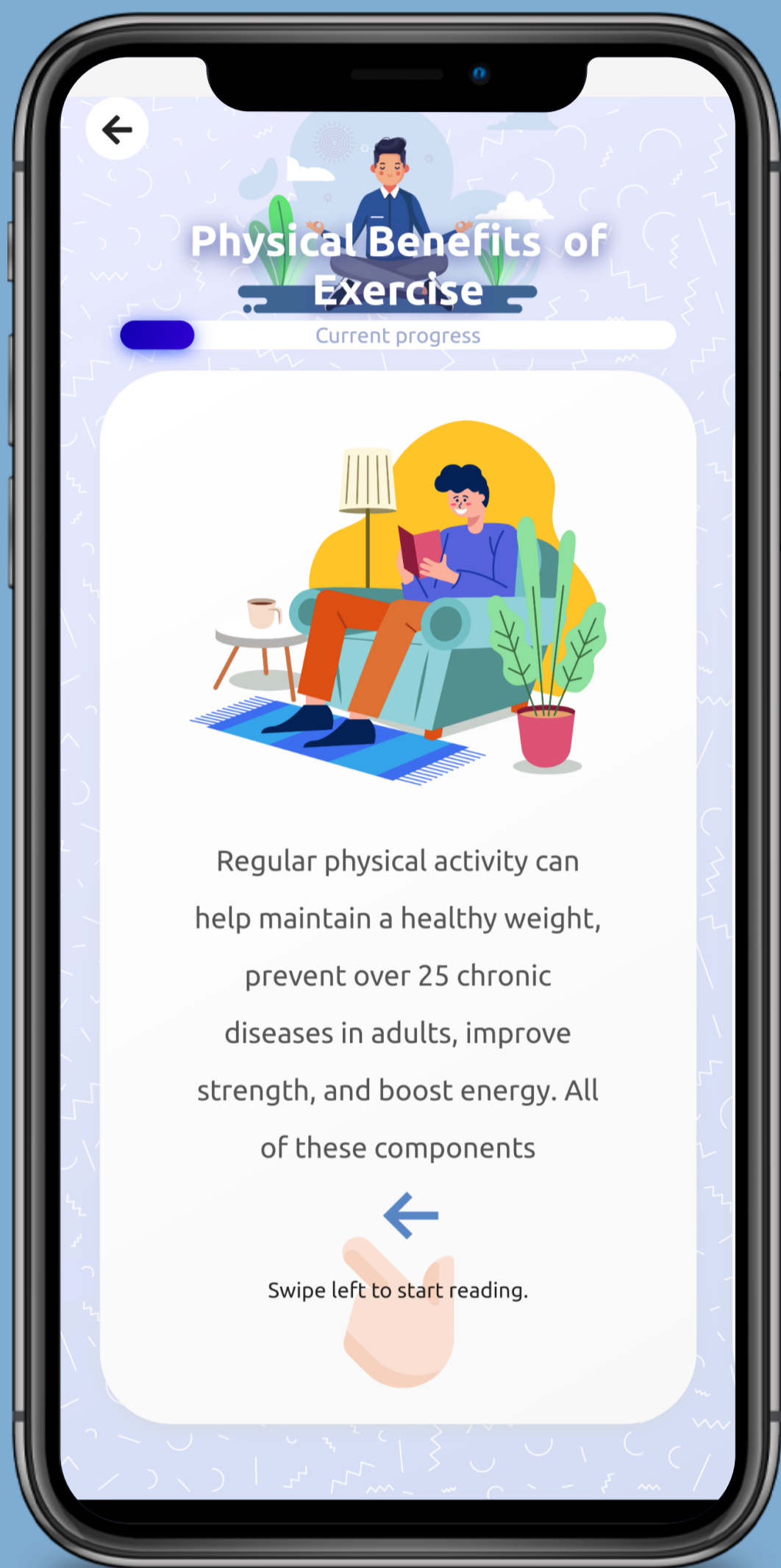


# M-PAC APP

## Workshop & Focus Group



If you are interested in participating in a study to help us test the M-PAC physical activity promotion app that we are currently developing, please contact: [heatherh@uvic.ca](mailto:heatherh@uvic.ca)

Please do not contact via social media platforms. Contact us at: [heatherh@uvic.ca](mailto:heatherh@uvic.ca)

**An app for the promotion of physical activity**

## Criteria

**Age: 19-64**

**Time Frame: 2 hrs**

**Requirements: own or have access to a smartphone**

**Details: recordings will be taken for data purposes - if you do not wish to be recorded you are not eligible to participate in the study**

**Principle Investigator: Dr. Ryan Rhodes**

**Principle Applicant: Heather Hollman, PhD student**



University of Victoria



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