

Research Study



PARTICIPANTS WANTED

Seeking healthy (non-smoker, non-diabetic) women to participate in a **PAID** research study examining the effects of the menstrual cycle on exercise performance. Eligible women are **18-30 years old** with **regular menstrual cycles** who are **NOT using hormonal contraceptives**.

YOU WILL BE COMPENSATED FOR YOUR TIME!

Please email Lauren at **COLENSOL@MCMASTER.CA** or call 365-323-4410 for more information!

This study has been reviewed by the Hamilton Integrated Research Ethics Board under Project #14067

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