



Want to help create exercise programs for adults living with diabetes? Now's your chance!

We are inviting you to respond to a short survey that will help us better understand how adults living with diabetes engage in various forms of exercise. Information collected will be used by health care professionals to design exercise programs that are adapted to the needs and preferences of older adults living with diabetes. We want your input!

Who can participate?

To be eligible to participate, you must:

- Be an adult aged 50 years or older
- Be living with diabetes (type 1 or 2)

What will you be asked to do?

Participation involves the completion of a short survey (approx. 15 minutes) online. Participation is voluntary and anonymous.

If you are interested in participating or would like more information about the study, please contact: dmexercise.med@mcgill.ca or visit our Facebook Page (**Exercice Diabète**)

Direct link to study questionnaire: <https://is.gd/dmexercise>



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