



South Asians Active Together

The South Asian community has a higher prevalence of Diabetes and Hypertension compared to White and other Asian American groups.

South Asians are also more likely to have heart disease-related complications. Physical Inactivity is a driver of these disparities.

The good news is that heart disease and diabetes is preventable!

WHAT IS SAATH?

South Asians Active Together (SAATH) is a 12 month research study that is dedicated to improving the health of South Asian women and girls in partnership with communities through culturally tailored programs

ARE YOU...

- Living a sedentary lifestyle at work and/or during leisure time?
- A mother of a daughter who is 11-16 years old?
- Of Indian, Pakistani, Bangladeshi, Sri Lankan or Nepali origin?

HOW WILL YOU BENEFIT FROM BEING IN THIS STUDY?



Group Exercise Classes



Opportunity to Get \$180



Make New Friends!



Health Screening at No Cost