Living with Bipolar Disorder and struggling to keep a healthy lifestyle?

Do you sometimes feel...
Sad?
Worthless?

And other times feel...
Energetic?
Confident?

Are you between ages 18 and 65?
Want to participate in a research study that involves finding ways to help people make healthy lifestyle changes?

Eligible participants will be compensated for their time.

Thomas D. Meyer, Ph.D.
(713) 486-2515
PIRL.M@uth.tmc.edu