LESS NEUROPATHY AFTER YOGA (LENY)
REQUEST FOR RESEARCH PARTICIPANTS

The study
Many people with Diabetic Peripheral Neuropathy (DPN) experience inactivity, high fall risk, and difficulty with balance. CSU researchers invite you to participate in therapeutic yoga for 8 weeks. Our goal is to help you experience the benefits of yoga intervention.

CSU researchers are looking for people who:
- Diagnosed with Diabetic Peripheral Neuropathy (DPN)
- Have persistent balance problems
- Read and understand English
- Able to stand with or without an assistive device
- 18-70 years of age
- Have NOT engaged in yoga consecutively for over 1 year.

Time commitment: 2 hours/week
We will enroll 20 people

For more information, email or call:
Arlene Schmid
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The procedure
You will be asked to complete assessments before and after participation. The therapeutic program will include:
Group Yoga & Relaxation Training

Investigator
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Study Sites & Recruitment From:
Integrative Rehabilitation Lab