

FOR TEENS interested in reducing stress and improving health

Participants in this research program can earn up to \$130

(transportation reimbursement available)



Stress can negatively impact your health!

This research program teaches teens (ages 13-17):

- ◆ How to **improve their health** through a focus on healthy eating and physical activity.
- ◆ Strategies to **reduce stress**



For more information, please contact us:
330-672-2231 or
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