



Girls, we need your help!

What

- We are studying the effects of your experiences on your health!
- Take a survey about diet, exercise, and stressful experiences.
- Have your blood pressure taken with a blood pressure cuff.
- Give a saliva, hair, and blood sample (optional!)

Why

- Help us learn more about how to keep women healthy and happy!
- You will get gift cards for being in the study!

Who

- Women who are 12 – 29 years old
- Women from North or South Omaha

How

- Scan the QR Code
- Call **402-559-8789**
- Email **rebecca.slotkowski@unmc.edu**



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