



Are you feeling stressed?

Do you want to achieve a healthier weight?



Our online research program teaches teens (ages 13-18) strategies to reduce stress and improve health!

Participants can earn up to \$175 in Amazon gift cards

If interested, please visit this link or scan the QR code below:

https://kent.qualtrics.com/jfe/form/SV_b48Hsl6dropZT4V

to be contacted by a member of our research team.

Or contact us directly at **330-672-2231** or **teenprojecthearts@gmail.com**.

