



**WE NEED  
YOUR  
HELP!**

## WHY?

We would like to invite **YOU** to be a **part of a study** to understand the benefits of nutrition education programs

## WHO?

Adults **age 18-50** EFNEP eligible (SNAP or any other assistance program); Speak English and/or Spanish  
If given birth, must be more than 9 months ago; Not currently pregnant or breastfeeding

## HOW?

We would like to collect your **blood pressure, blood sugar, height, and weight!**  
These measures will be taken **three times**; once during the class series, then **6 months** and **12 months** after week 9. It requires less than 90 minutes of your time each collection

You will be paid a total of **\$140** in cash for participation all the way through the 6 and 12 months. **\$20** (week 1), **\$30** (week 9), **\$40** (6 months after week 9), and **\$50** (12 months after week 9)

## WANT TO JOIN?

Contact:

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**COLORADO STATE UNIVERSITY  
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