

FEELING DOWN?



Researchers at UCSF are looking for women ages 30-60 to participate in the Stress and Resilience Study and examine how you can improve your response to stress.

- PRACTICE DAILY BREATHING TECHNIQUES
- ATTEND TWO 2.5 HOUR IN-PERSON VISITS AT UCSF
- RESPOND TO DAILY PROMPTS
- EARN UP TO \$470 + A CHANCE TO WIN A \$200 AMAZON GIFT CARD

FIND OUT IF YOU ARE ELIGIBLE TODAY

WWW.STRESSRESILIENCE.NET

UCSF

University of California
San Francisco



**UCSF Stress and
Resilience Study**