

Join Us!



**We Need Input
from YOU!**

Join us for a Brown University research study to learn more about how **STRESS** influences diet, physical activity and sleep and how to manage stress! We are specifically looking for thoughts of **Black, African American or Cape Verdean women.**

Please come to our Zoom discussion and share your thoughts with us!

In order to participate, you must:

- Be a Black, African American or Cape Verdean woman
- Be willing to talk about these issues with a group
- Have a working phone or computer

If you would like to participate, please call or text Briana at (401) 863-1206 to sign up. Or email Sistertalk@brown.edu