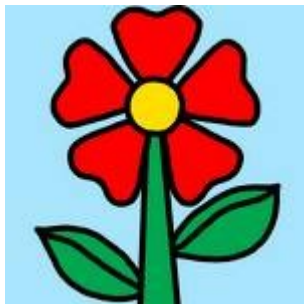


Join **SMART/EST III**
and work on:

- ◆ Better ways of handling stress
- ◆ Dealing with everyday problems
- ◆ Deep breathing, meditating, and relaxing
- ◆ Good nutrition, exercise, and a healthy lifestyle



Morris Heights Health Center



For more information or if you would like to schedule an appointment, please contact:

Rosario Hinojosa
Recruitment Coordinator
212-382-0699 x 235 or
917-548-2651

or

Marleny Diaz-Gloster
Project Director
1-888-235-2365 x 240
Mdiaz-gloster@CDNetwork.org

SMART/EST III



Women's Group



Helping women manage
stress and live a healthy
lifestyle

About SMART/EST III

It is a four month group therapy class that meets every week for two hours.



The sessions will teach **healthy responses** to stress, and anxiety.

They will also focus on **proper diet, exercise, and healthy life decisions.**



We have been testing **SMART/EST** for over 10 years. Women have shown better nutrition, **reduced depression**, and **better quality of life** .

This is a research study involving

- ◆ Group attendance
- ◆ Three computer-based interviews, about 45 - 60 minutes each.

Payment for time & travel

You will receive **\$9** for each **assessment** and **\$4** for each **group meeting**. The compensation will help pay for travel.

To participate, you must be:

- ◆ At least 18 years old
- ◆ A woman
- ◆ HIV positive
- ◆ Speak English, Spanish, or Creole fluently.

You have the right to

- ◆ Decline to participate
- ◆ Withdraw from the group at any time
- ◆ Confidentiality.