



CHANGE CLUB

CREATING
HEALTHY
COMMUNITIES
TOGETHER

Jefferson County Residents,

You are invited to become a participant in the Change Club study — a university-led study on how community projects create healthier communities. Our goal is to measure the effectiveness of these projects so we can build better programs for promoting health. As a participant of the Change Club study, you would be providing health information to the study. The Change Club study will compensate **\$250*** for your participation. Join us today by signing up at changeclubstudy.org.

STUDY PARTICIPATION ACTIVITIES



Complete an
online survey



Complete an
online food diary



Wear an activity
tracker for 7 days



Provide physical
measurements
and a small
blood sample



Receive
compensation



Create healthier
communities

Join the Change Club and learn more at changeclubstudy.org today. Contact **April Bennett** at aln48@cornell.edu or **315-788-8450 ext. 265** for more information about *creating healthy communities together*.