

HAS SOMEONE IN YOUR FAMILY BEEN DIAGNOSED WITH BREAST CANCER?

Would you like to better manage the stressors in your life?

We are conducting a study to see how stress management workshops can help women, age 18-60, manage stress and improve immune function.

What is involved in this study?

You will get:

- A 10-week stress management workshop
- A stress management manual
- Set of 4 relaxation CDs

You will be asked to:

- Complete questionnaires
- Give blood and saliva samples
- Receive 2 Hepatitis A vaccines

Please call **206-667-2448** for more information, and to set up an appointment.

Principal Investigator: Bonnie A. McGregor Ph.D.
Research Staff: Rachel M. Ceballos Ph.D.; Emily D. Dolan M.S.; Denise Albano
1100 Fairview Ave N., PO Box 19024 Seattle, WA 98109



Health SMART

FRED HUTCHINSON
CANCER RESEARCH CENTER

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