

Seeking Community Members to Participate in a Research Study



BETTER HEALTH: Durham

The Durham Region Health Department invites you to participate in a research study called BETTER HEALTH: Durham. We want to learn if a personal visit with a public health nurse in the community could help people aged 40 - 64 take part in activities that help prevent diseases like diabetes and cancer.

Who

If you are between the ages of 40 - 64 years old and live in eligible neighbourhoods of Oshawa and Whitby.

What

Participate in a supportive meeting with a specially trained nurse. During this meeting the nurse will help you to set goals for prevention and screening activities of your choice.

Why

Participating in these activities may help prevent diseases like diabetes and cancer.

- Participation in this study is voluntary and will not affect services or resources provided to you now or in the future.
- **You will receive local bus tickets and a \$25 gift card for your time.**

Call Kawsika Siva at 905-668-7711 ext. 3202 to see if you qualify to be part of BETTER HEALTH: Durham



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Inspiring Science.

