

# 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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