

# Call for research volunteers!



**\$50 stipend upon completion**

We need full-time students at FSU that are non-smokers to participate in the study:

## Using the Arts as a Proactive Mental Health Strategy for Generation Z

Study will involve a screening measure, two face meetings and participation in a five-week self-care challenge program. Participants will have the opportunity to learn about stress and anxiety reducing benefits with compensation for time upon completion of the study. For more information please contact:

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