



**Are you 21-29 years old?**

**Could you use an extra \$20?**

The New York State Department of Health is looking for people to share their thoughts and ideas about health and wellness.

**“What is a healthy lifestyle?”**

**“Do you exercise regularly?”**

**“Can stress affect your health?”**

**What are your answers to these questions? How would your friends and family answer these questions? We want to know!**

**The information gathered from these learning sessions will be used to create a media campaign to promote health and wellness for people in this age group and you can be a part of it!!**

- **Refreshments** and a **\$20 Money Order** will be provided, all we need from participants is 1 ½ - 2 hours of their time (and their opinions).
- **Registration is required: space is limited.** To register call Kathleen at 424-0009, ext. 109 or email [khayden@reachcny.org](mailto:khayden@reachcny.org)

**When: Tuesday, June 28, 2011**

**What time: 4:00 – 6:00 PM**

**Where: REACH CNY, Inc. 1010 James Street, 2<sup>nd</sup> floor, Syracuse**

**Questions? Contact Kathleen Hayden at 424-0009 ext. 109 or [khayden@reachcny.org](mailto:khayden@reachcny.org)**