



DO YOU OR YOUR PARTNER TEND TO EAT WHEN FEELING STRESSED OUT?

If so, you may be interested in participating in research that explores the causes and consequences of stress eating. In this study, each couple will participate in a 12-hour activity designed to reduce stress to establish healthy eating habits, and improve relationship functioning.

Couples are invited to participate if they:

- Are a heterosexual African American married couple currently living with each other
- Are both between the ages of 20 and 65
- Are not currently experiencing any forms of domestic violence in the relationship
- Are not currently involved with any forms of clinical managed care
- Are both comfortable with participating in all aspects of this study


Couples will be provided an incentive for participating.

If you are interested please reach us at

Website: Reducingstress.umn.edu

Email: stressgroup@umn.edu



Phone: (612) 301-6039 

This research is conducted by researchers at University of Minnesota and University of Georgia. **UNIVERSITY OF MINNESOTA**
Driven to DiscoverSM