



EASA Participants & Graduates and OHSU Patients

+ a study partner who can commit to attend all program sessions.

It can be hard to eat well, exercise, and clear your head, especially if you are feeling tired due to medications or if you don't feel like leaving the house. At OHSU we've developed a program aimed at creatively meeting these challenges.

This program is at no cost to you. Blood samples, vitals, body measurements, and questionnaires will be collected. Earn up to \$80 in compensation for completing the study.

PROGRAM Saturdays from 10:30am-2:30pm
DATES: Group 1: April 18th - May 23rd
Group 2: July 11th - August 15th

LOCATION: The Center for Health and Healing
3303 SW Bond Ave, Portland, OR 97239



For more information contact the program coordinator or ask your care team for a referral!

Our Team:

Program Coordinator:

Andie Thompson

Principal Investigators:

Dr. Lynne Shinto & Dr. Craigan Usher

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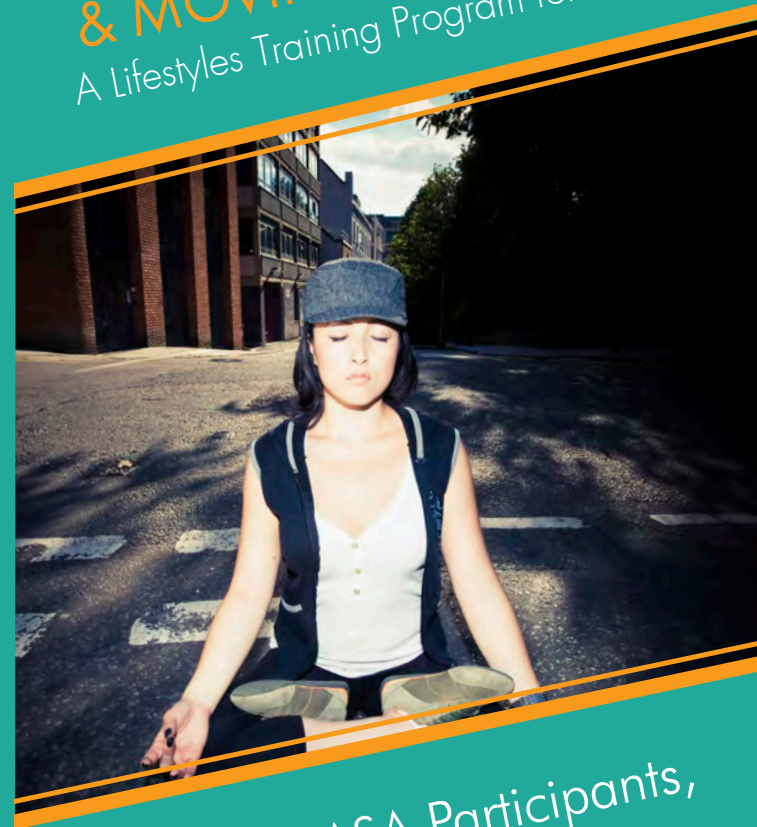
Our Sponsors:



M³ STUDY

MEALS, MINDFULNESS, & MOVING FORWARD

A Lifestyles Training Program for Youth



FREE for EASA Participants, EASA Graduates, & OHSU Patients!
Ages 15-25

LEARN ABOUT FOOD

Food can be so much more than just a way to not be hungry. Find out for yourself!



Learn how to cook from professionals in the Portland area.



Learn how to balance your meals and grocery budget.

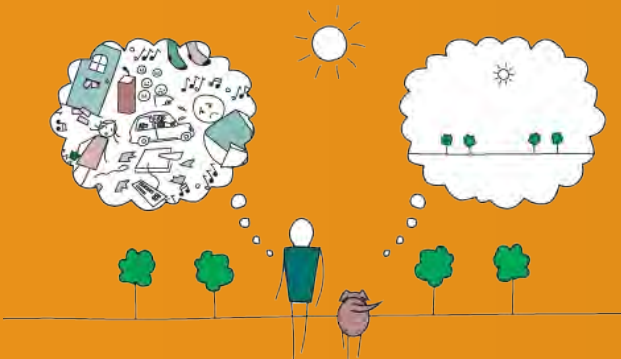


Learn how to make healthy choices when choosing from a menu.

EXPLORE MINDFULNESS

Mindfulness gives you the power to choose whether to respond or react in any given situation. Even in the midst of activity, conflict or reaction, some part of ourselves is able to observe what is happening without getting caught up in it.

Mindfulness is a way of taking care of ourselves. It is a practice of listening, accepting, and being in the moment. The more we practice, the better we get!



mind full or mindful

GET MOVING

In this program we will explore different ways to exercise while having fun! Yoga for strength and balance, Ju Jitsu for self discipline, Taiko Drumming for rhythm and stamina, and personal training for individualized at-home exercises.

LEARN THE PRACTICE OF YOGA



JU JITSU



TAIKO JAPANESE DRUMMING

