

# Women 35-50 years of age

## Have you missed a period in the last 6 months?



A new research study of women's wellness and art therapy is now recruiting women between 35-50 years of age to take part in a 14-week study.

We are asking women who have missed at least one period in the last year, who are not pregnant or planning to become pregnant during the study, have not started any new medication or other therapies in the last three months, and have not had a significant loss such as a major health diagnosis or death of a loved one in the last year.

Participants will be asked to attend a weekly two-hour art-making and discussion group for 6 weeks and fill out three surveys about health and wellness three times over the 14 week study. Participants will also be asked to attend individual interviews one month after the 6 week group ends. The total time commitment will be about 13.5 hours.

If you are interested in participating, please contact the study investigator for more information: Gwen Wilson at [gwilson@antioch.edu](mailto:gwilson@antioch.edu) or (206) 860-8854.

Art Therapy Study  
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