



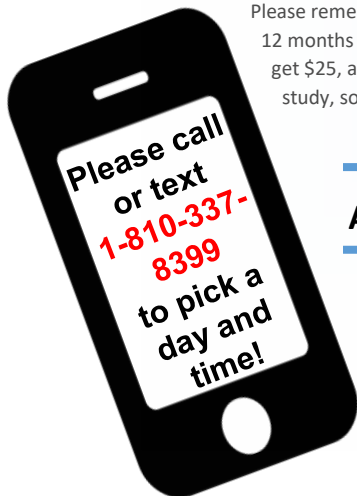
Dear Reach Out Participant,

We want to update you on the progress of the Reach Out study and thank you from the bottom of our hearts for your continued support and participation. This newsletter contains info about:

- Outcome Visits
- Staff spotlight

Reach Out began recruitment in 2019. We have had an overwhelming response. We have enrolled over 800 participants. We are beginning doing 6 and 12 month outcomes.

Outcomes: Call us!



Please remember that we would love to meet with you after 6 months and again at 12 months to have a 20 minute visit to see how you are doing. At 6 months you will get \$25, and at 12 months you will get \$30. These visits are important for our study, so that we can know how you are doing. Please call in anytime:

Appointments available M— F 9AM– 5PM

Outcomes will be completed over the phone, please call or text to pick a day and time!

Staff Spotlight: Candace!

It's amazing to see how awesome Reach Out is being received by the Flint Community. During a routine visit to my local Flint nail salon, I was chatting with my nail tech about work and how things had been going since moving to the area.

Another customer in the salon, overheard our conversation and been expressing her appreciation for Reach Out and how much she enjoyed the program.

She detailed the text messages received and the healthy life style tips she acquired. Her testimony sparked more conversation amongst others in the salon, and before I knew it everyone was asking me how they could sign up! It was incredible to hear how much we were influencing one particular person, but also to see the potential impact we could have on the community.



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