



Johns Hopkins Center for American Indian Health **Asdzaán Be'eena': Female Pathways**

Johns Hopkins Center for American Indian Health is inviting **girls ages 10 to 14 and their mother or female caregiver** to be in a new health and wellness research study. You will be **RANDOMLY ASSIGNED** to **one of two groups!**

WHAT WILL I DO IN THE STUDY?

Depending on what you are assigned to, you will participate in either:

11 WEEKLY SESSIONS IN 3 MONTHS

Games, activities, and lessons one-on-one with caregivers & in groups.

OR

You will not receive lessons, instead four small incentives will be mailed to your house over 3 months

BOTH PROGRAMS Girls and caregivers may receive up to \$80 in gift cards each! The child and caregiver will each be asked to complete 4 assessments.

WHO CAN ENROLL?

- **Mother or trusted female adult caregiver (18+)** must enroll with a female child (aged 10 to 14)
- **Both must identify as Navajo and live within 50 miles of Chinle, AZ or Tuba City, AZ**
- **Both must speak English and be able to read and complete study questionnaires**

Recruitment Starting Now:

Fill Out Your Contact Info so we can reach out to you:

or Scan QR Code: <https://redcap.link/motherdaughterRCT>

OR for more information or to enroll, call:

