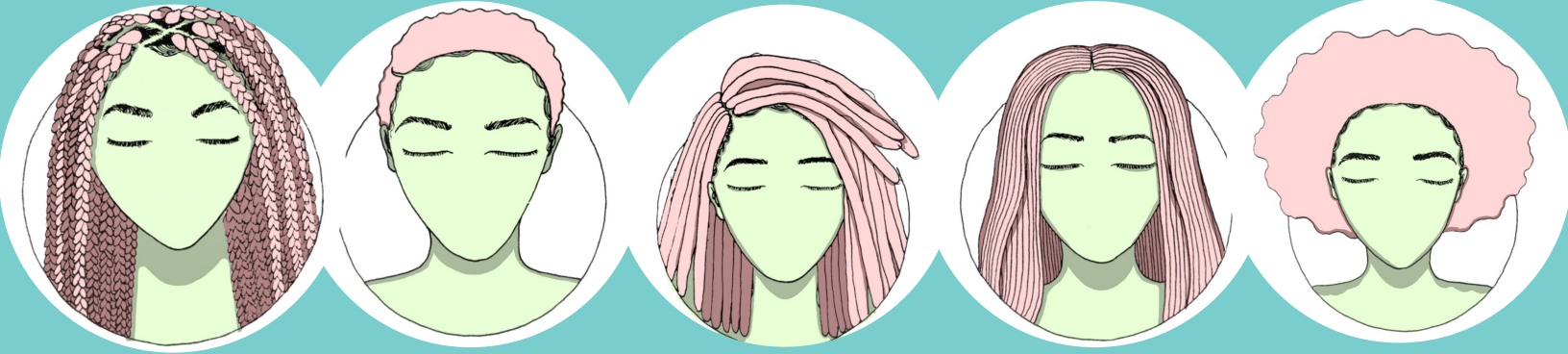


# HAIRSTYLE & THE IMPACT ON AFRICAN AMERICAN WOMEN'S LIFESTYLE

Are you a Black or African American woman interested in health & well-being?



## VOLUNTEERS NEEDED!

**The purpose of this study** is to explore the impact hair has on physical activity and overall wellbeing among Black women, ages 18-55.

**Compensation provided.** TU participants will receive a \$10 TU gift card and non-Towson participants will receive \$10 in cash or gas voucher for participation.

### For more information, please contact:

Dr. Tara B. Blackshear at  
919-771-5979, 410-704-3172 or email  
tblackshear@towson.edu

## Study Information:

- Participants will complete 5 questionnaires about their demographics, self-esteem, physical activity participation, and hair type and style, to determine the impact hair has on health and physical activity behaviors.
- Participants will have their height, weight, and waist circumference taken.
- TU participants will also wear a pedometer/accelerometer (Fitbit Flex 2) for seven (7) consecutive days.
- Questionnaires will take about 20 minutes to complete and will be completed on Towson's campus in the Department of Kinesiology

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