

# **UCLA** Health Center for East West Medicine

## Participants Needed for UCLA Research Study of Self-Acupressure



**ARE YOU A HEALTH CARE PROVIDER WANTING TO REDUCE STRESS AND IMPROVE WELLBEING?**

***Participate in a UCLA Research Study of Self-Acupressure***

Self-acupressure has been used to reduce stress and improve quality of life. However, it has not been rigorously studied in clinical trials using a standardized and remote teaching system. If you are a health care provider interested in improving your own wellness and reducing stress, you may be eligible to participate in this trial. You will receive free education in self-acupressure. No monetary compensation will be provided.

**If you are interested in participating, please visit:**

[https://uclahs.az1.qualtrics.com/jfe/form/SV\\_bminZtaPS7ozEIS](https://uclahs.az1.qualtrics.com/jfe/form/SV_bminZtaPS7ozEIS)

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