



Summer 2004 (10SU): Celebrating Your Investment in Women's Health

Nutritionist Note: The overall goal of this session is to celebrate the end of Dietary Change sessions and acknowledge the contributions women have made. We want this to be a memorable and meaningful session that helps participants appreciate how important their contributions have been. A variety of options are provided to make this session memorable. Nutritionists may pick and choose different options depending on their resources and participant preferences.

Nutritionist Guidelines

- Time:** 120 minutes
- WHILMA:** Enter session in WHILMA as 10SU
- Objectives:** In this session, the participant will:
- (Key Points)**
- Discuss study plans for after closure of Dietary Change sessions and before close-out visit.
 - Receive Dietary Change session close-out materials.
 - Celebrate WHI and each woman's contribution.
- Materials:**
- Sample participant invitation (replaces usual session reminder)
 - Name tags for participants and guests (optional, important if combine groups)
 - Catered food (optional)
 - "Celebrating Your Investment in Women's Health" newsletter
 - Certification of Completion
 - WHI Dietary Change Session Summary (optional)
 - Thank you notes (optional)
 - Self-monitoring tools

Ideas for making the 10SU session special and memorable (Optional)

Send special invitations – The CCC will provide a session reminder in the format of an invitation. The invitation will be posted in the Public Folders. CCs have the option of creating their own invitation.

Combine groups – Consider combining groups by month, by off site locations, by zip code or other methods. Combining groups helps participants see that they are part of something big. It is also easier if you are inviting the PI to participate.

Invite guests – Consider asking participants to bring a guest to the last session.

Invite PI or Co-PI – Ask PI or Co-PI to discuss study plans for after closure of Dietary Change sessions and before close-out visit and to acknowledge participants' contributions and provide Certificate of Completion, thank you note, or other written tribute.

Provide special food – Cater a meal, dessert or snacks.

Decorate your room – Decorate your room to match the celebration style of your participants.



Other WHI Resources Related to Session:

- Session 9 – Progress: Exchanging the Old for the New. Scientific purpose of study, reports on study progress, certificate for outstanding participation
- Session 18 – Managing the Future
- Winter Year 4 – Celebrate Your Progress
- Fall 1999 – You are the Answer
- Fall 2000 – The Whole Story – WHI Update: Where Are We Now?
- Fall 2001 – Women Helping Women

Additional Ideas from reviewers


- Optional Participant Tributes: Think about ways to link what the women have accomplished in WHI and how this study may benefit future generations. Consider inviting daughters and granddaughters to attend the Summer session. They would be there to support the participant and also represent the countless women who will benefit from the information we learn from WHI. The nutritionist could prepare a few words about how women in the future will benefit or ask one of the daughters or granddaughters to share their thoughts.

Summer 2004: Celebrating Your Investment in Women's Health (Facilitation Outline)

	GROUP SHARING/NEXT STEPS FOLLOW-UP (~10 minutes)
(~10 minutes)	<p>Objective: Participants briefly share experiences since the last group session with other group members.</p> <p>Purpose: Build group cohesion and participant self-efficacy.</p>
	<p><u>Nutritionist Note:</u> The focus of the Group Sharing/Next Steps Follow-up component for this session is limited to brief group sharing (for group cohesion and bonding). Limiting the focus of this component helps maximize the amount of time available (later in the session) for Celebration activities.</p>
	<p>A. Group Sharing</p> <ul style="list-style-type: none"> • Introduce guests from other groups and offer to provide a brief update on absent participants. Consider an icebreaker activity to help people get better acquainted, if you are combining groups or inviting guests (see Session 9 for ideas). • Share with participants that you have a full session in the works and that you would like their permission to move fairly quickly into the planned session topic after brief sharing and re-acquainting. • Provide an opportunity for participants to share experiences since the last group session and provide support and recognition of peer group activities. • Reflect and summarize.
	<p>Group Facilitation Suggestions and Examples:</p> <p>Summarize and point out common threads within the group:</p> <ul style="list-style-type: none"> • <i>It sounds like several of you have been very busy since our last meeting. And, as always, each of you continues to join us for group meetings. My sense is that you mean a lot to each other.</i> <p>Transition into Setting the Stage:</p> <ul style="list-style-type: none"> • <i>If you're ready, I'd like to introduce what is planned for today's session.</i>
 <i>Notes</i>	

	SETTING THE STAGE for CELEBRATION (~5 minutes)
(~5 minutes)	<p><u>Nutritionist Note:</u></p> <p>The Skill Building segment has been replaced with a celebration. The celebration includes:</p> <ol style="list-style-type: none"> 1) Discussing study plans for after closure of Dietary Change sessions and before close-out visit. 2) Sharing WHI Dietary Study 'fun facts' to help participants celebrate their participation in the Dietary Change sessions. 3) Celebrating each participant's contributions to WHI with a recognition ceremony and food. <p>A. Set the Stage Begin by briefly introducing the session topics.</p> <p><u>Key Point :</u> This session is focused on celebrating the importance of WHI and your contributions to WHI.</p> <p>Describe the plan for the Celebration:</p> <ul style="list-style-type: none"> • The first segment will review the study plans for after the closure of Dietary Change sessions and before the close-out visit. • The second segment will be an interactive sharing of WHI Dietary Study 'fun facts'. • The third segment will celebrate each participant's contributions to WHI with a recognition ceremony and food. <p>B. Assess Relative Interest</p> <ul style="list-style-type: none"> • Find out which parts of the celebration participants are most interested in by asking them to briefly share what they are looking forward to most during the session. <p><u>QA:</u> (Potential question)</p> <p>☛ What part(s) of the session are you looking forward to most?</p> <p>Group Facilitation Suggestions and Examples:</p> <p>Set the stage and assess relative interest in the Celebration activities</p> <ul style="list-style-type: none"> • <i>For today's session, I am prepared to include all three of the segments I just described. It sounds like most of you are looking forward to the recognition ceremony and food. Therefore, we'll plan to spend the most time on the recognition ceremony and food. The other popular segment was the WHI Dietary Study 'fun facts', which will take about ___ minutes. We'll begin by briefly reviewing study plans for after closure of Dietary Change sessions. How does this sound to you?</i>



	CELEBRATION (~90 minutes)
(~10 minutes)	<p>1. Provide an Overview of What Happens Next</p> <p><u>Objective:</u> Discuss study plans for after closure of Dietary Change sessions and before close-out visit contact.</p> <p><u>Purpose:</u> Prepare for closure of Dietary Change sessions.</p> <p>Provide a brief overview of study plans for after closure of Dietary Change sessions and before close-out visit. If possible, invite PI or co-PI to provide this overview. Include the following key points:</p> <ul style="list-style-type: none"> • Timeline for close-out visits/contacts – October 1, 2004 to March 31, 2005. Some participants will have their close-out visit soon. For others it will be awhile before they have their close-out visit. • What to expect at the close-out visit. Participants will fill out forms (e.g., Form 33), complete a medical release form, and update personal information etc.. Participants will also receive a “Thank You Packet” which includes: a Thank You Certificate, information about the History of WHI, and information about how and when they will receive the results of the study. Participants who are additionally part of the Ca/D study will receive unblinding information. • Importance of attending close-out visit. In a randomized, controlled clinical trial like WHI, information (data about disease outcomes) is collected systematically at specified time points through the end of the study. The information collected at the close-out visit provides important pieces of the puzzle for the study. • Importance of continuing to follow the WHI low-fat dietary pattern through the close-out visit. It is important to continue the WHI low-fat dietary pattern until all the study data have been collected (i.e., at your close-out visit). Participants waiting 3 or more months for their close-out visit will receive a post-card reminder to support adherence. <p><u>Q/A:</u> (Potential Question)</p> <ul style="list-style-type: none"> ☛ What do <u>you</u> see as important reasons for <u>you</u> to attend your WHI close-out? ☛ What ways might you encourage yourself to continue with the WHI low fat dietary pattern? <ul style="list-style-type: none"> • Reflect and summarize.
	<p>Group Facilitation Suggestions and Examples:</p> <p>Reflect and summarize:</p> <ul style="list-style-type: none"> • <i>It sounds like it's very important to you to attend your close-out visit. Some of the reasons you see as important are ____, ____ and _____. Most of you feel that you have participated in this study faithfully and you want to continue that level of participation. Some of you are eager to find out the results of the study and this also reinforces the importance of providing the information at the close-out visit.</i> <p>Transition:</p> <ul style="list-style-type: none"> • <i>Now that we've shared some of the reasons that are important to you to attend the close-out visit and continue with the low-fat eating pattern, let's take some time to share some WHI Dietary Study 'fun facts'.</i>

(~40 minutes)

2. Share WHI Dietary Change Group 'Fun Facts'

Objective: Receive Dietary Change session close-out materials.

Purpose: Share fun and impressive statistics to emphasize the importance of WHI, inspire positive feelings about the study, and acknowledge participants' personal contributions.

Nutritionist Note:

This ~40 minute segment provides an opportunity for participants to share WHI Dietary Study 'fun facts'. The overall intent of this segment is to help participants celebrate their participation in the Dietary Change sessions using fun and impressive statistics that can help them recognize the enormity of WHI and their collective efforts. The "*Celebrating Your Investment in Women's Health*" newsletter provides a framework for sharing studywide WHI Dietary Study 'fun facts'. *Nutritionist Resource 1 - Sharing WHI Dietary Change Group 'Fun Facts'* (pg. 13) provides additional information to support this segment.

Optional Activity - Sharing local trivia:

The CCC will provide each CC with an unformatted print-out of local 'fun facts' that corresponds to the studywide 'fun facts' included in the "*Celebrating Your Investment in Women's Health*" newsletter. The local 'fun facts' can be used to supplement and tailor the interactive sharing of WHI Dietary Study 'fun facts'.

Delivery Idea: Use the following idea, or develop your own:

- Engage participants in an interactive discussion that helps them recognize the enormity of WHI and their collective efforts. Share studywide and local WHI Dietary Study 'fun facts' per the needs and interests of your participants.
 1. Give participants approximately 10 minutes to individually complete the WHI Dietary Study 'Fun Facts' Quiz (in "*Celebrating Your Investment in Women's Health*" newsletter).
 2. After participants have completed the quiz, facilitate a discussion that guides them to discuss the 'fun facts' and share their knowledge, thoughts, and experiences surrounding the 'fun facts'.

Collective Efforts – Relationships (Quiz question):**1. What does the number 68,564 represent?**

- Have participants share what they think is the correct answer for the question. Provide clarification, if needed. Encourage participants to discuss the additional information provided with the answer in the "*Celebrating Your Investment in Women's Health*" newsletter.

Q/A: (Potential Discussion Question)

☛ What is one of your most memorable Dietary Change group sessions or events?

- Reflect and summarize. **Highlight participant comments about the valued experiences and relationships they've enjoyed during their time in WHI.**



Group Facilitation Suggestions and Examples:

Many of you have learned a great deal during the group sessions. ____ and ____ mentioned that they still remember the “Fats of Life” from the very first session. Other valuable sessions you mentioned were ____, ____ and ____.

Most of you expressed how much you've learned from each other. You appreciate the support you've received from group members. For some of you, the relationships you've made during WHI group sessions are the most valuable benefits of the study.

Collective Efforts – Self-Monitoring (Quiz question):

2. True or False. The total number of days all Dietary Change participants self-monitored during the study adds up to more than 10,000 years.

- Have participants share what they think is the correct answer for the question. Provide clarification, if needed. Encourage participants to discuss the additional information provided with the answer in the “Celebrating Your Investment in Women's Health” newsletter.

Q/A: (Potential Discussion Question)

- ☛ When you think about all the different tools you used to record your food intake over the years, what is the funniest (or strangest) tool you used to keep track of what you ate (e.g., a napkin, road map, etc.)?
- Reflect and summarize. **Highlight participant comments about their creative efforts to become aware of what they ate and track their progress.**



Group Facilitation Suggestions and Examples:

Over the years you've been in WHI, you've tried a variety of techniques to keep track of what you eat. Napkins and ____ were back-up strategies when you didn't have your self-monitoring tools. ____ described the most original tool -- a ____.

Collective Efforts – Dietary Change (Quiz questions):

3. On average, during the entire study, each Dietary Change participant decreased their fat intake by about ____ fat grams.
 4. The total number of fruit and/or vegetable servings all Dietary Change participants ate during the study adds up to about ____ million.
 5. True or False - The total number of grain servings all Dietary Change participants ate during the study represents more than 11 million loaves of bread.
- Have participants share what they think is the correct answer for each question. Provide clarification, if needed. Encourage participants to discuss the additional information provided with each answer in the “*Celebrating Your Investment in Women's Health*” newsletter.

Q/A: (Potential Discussion Question)

- ☛ What do you think about all that you've accomplished in the WHI Dietary Study?
- Reflect and summarize. **Highlight participant comments about the many, very large and lasting dietary changes they have made during WHI.**

**Group Facilitation Suggestions and Examples:**

Most of you feel proud about the dietary changes you made. It was challenging to change your eating habits. The easiest goal for most of you was eating more fruits and vegetables. Some of you found it more challenging than others to reduce your fat intake. When you ate at home it was easier than when you ate out. For many of you the grain goal was the most challenging.

Summary:

- Use the questions below (or similar questions) to help the participants pull together their sharing and discussion of WHI Dietary Study ‘fun facts’.
- Q/A:** (Potential Discussion Questions)
- ☛ What new things did you learn about your contributions to the WHI Dietary Study?
 - ☛ What impressed you most about these WHI Dietary ‘fun facts’?
 - Reflect and summarize. **Highlight participant comments about the importance of the study, their positive feelings about the study, and the value of their contributions.**



Group Facilitation Suggestions and Examples:

Reflect and summarize

- *Many of you commented that the huge numbers made a big impression - the number of group meetings, the number of days self-monitored, the amount of fat reduced, and the number of fruits, vegetables and grains eaten. This review helped you see how huge WHI is and makes you feel proud to be a part of WHI.*
- *It sounds like each of you recognizes your invaluable contributions to the success of the WHI Dietary Study.*

Transition:

- *Now that you have shared some of the amazing work you've all put in to help WHI find the answers, let's take time to celebrate WHI and your contributions by sharing food and receiving recognition.*



Notes

(~40 minutes)

3. Celebrate WHI and Each Woman's Contributions

Objective: Celebrate WHI and each woman's contributions.

Purpose: Inspire positive feelings about the Dietary Study and acknowledge personal contributions.

Delivery Idea: Use the idea outlined below, or develop your own.

Arrange a celebration where participants can socialize with each other and receive recognition for their contributions to the WHI Dietary Study.

Set-up

- Decorate your room in a style that will convey a feeling of 'celebration' for your participants.
- Offer foods that meet the interests of your participants and your CC budget. Some potential ideas:
 - Catered meal – serve favorite WHI recipes or other low-fat foods.
 - Tea – serve a variety of teas with low-fat dainties – see recipes in Fall 2001 session.
 - Dessert – serve favorite WHI dessert recipes or other low-fat desserts.
 - Potluck – encourage participants to prepare and bring their favorite WHI recipe.
- Before beginning the celebration, provide participants with an overview of the plans (e.g., foods being served, activities - eating/socializing and recognition ceremony).
- Give participants time to get their food and sit down. Then, invite/encourage participants to enjoy their food as the recognitions are presented.

Recognition Ceremony


- During the celebration, provide time to acknowledge and celebrate that participants have reached the end of the WHI Dietary Change group sessions.
 - Call each participant's name and have her come to the front of the room to receive her 'Certificate of Completion' (produced by WHILMA or CC-developed).
 - Present an individualized certificate to each person. If possible have the PI, Co-PI or Group Nutritionist give the participant the certificate with a handshake and a brief comment.
 - **Optional:** As each participant receives her 'Certificate of Completion', provide a brief tribute (spoken or written) about her contribution to the WHI Dietary Study. Try to customize each tribute so that participants can recognize their individual contributions. For ideas, refer to *Nutritionist Resource 2 - Ideas for Optional Participant Tributes* (pg. 14).



Group Facilitation Suggestions and Examples:

- **Introduction to Recognition Ceremony-** During this part of the session, we'd like to acknowledge your contributions to the WHI Dietary Study. Each of you has contributed to the success of WHI and we want to take time to celebrate and recognize your importance to the study. ____ will hand out a Certificate of Completion. This certificate shows how long you've been in WHI and is signed by ____ and _____. We hope that this certificate and celebration help you recognize the efforts you have made to add to the future knowledge of women's health and inspire you to continue maintaining your low-fat eating pattern through your close-out visit.
- **Summary and Transition** - Today we have recognized the enormous contribution and dedication of WHI Dietary Change participants. Women now and in future generations to come will benefit from your generous efforts. The WHI Dietary study is a reminder of what can be accomplished when women come together. Before we end our last Dietary Change group meeting, let's take a few moments to share some of our thoughts with other group members.

 Notes

	NEXT STEPS (~ 15 minutes)
(~ 15 minutes)	<p>Objective: Participants share good-byes with fellow group members.</p> <p>Purpose: Bring closure to the final Dietary Change session.</p> <p>A. Sharing- Next Steps Discussion</p> <ul style="list-style-type: none"> Use open-ended questions to help participants share their good-byes. <p>QA: (Potential question)</p> <ul style="list-style-type: none"> ☛ What would you like to say to your fellow group members as we bring this last Dietary Change session to a close? As participants share – reflect and summarize the ideas they express about how much they've enjoyed getting to know each other and becoming friends. <p></p> <p>Group Facilitation Suggestions and Examples:</p> <p>Reflect and summarize.</p> <ul style="list-style-type: none"> <i>Thank you for sharing your feelings about your fellow group members. We've been together for ____ years. During that time you've enjoyed getting to know each other and you've become good friends. We've had some changes in our group (group nutritionists and participants) some women left and some new women joined our group.</i> <i>Several women mentioned that they appreciate the help they received from other participants, such as sharing recipes to taste, providing support when they had challenges, helpful suggestions at sessions– _____, _____, and _____.</i> <p>Closing words</p> <ul style="list-style-type: none"> <i>It's hard to say goodbye after all these years together. We've shared some good times and some hard times together. During this time together we've shared _____, _____ and _____. As we saw today, your individual contributions demonstrate the power of women working together. Thank you for continuing your WHI low-fat eating pattern through your close-out visit. Thank you for helping us find the answers to our research questions.</i>

Nutritionist Resource 1

Sharing WHI Dietary Change Group 'Fun Facts'

This resource outlines how numbers were calculated for the *WHI Dietary Change Group Fun Facts Quiz* (in the "Celebrating Your Investment in Women's Health" newsletter). See pages 6-9 of these materials.

Number of times Dietary Change participants met together during the study (Qx. 1):

We used session data to calculate this answer (data as of 11/30/03).

- We counted the number of group sessions offered to participants (using data from the Group Session Schedule).
 - To this number, we added the number of peer group meetings conducted (using data from Form 66).
- The total number of meetings comes to 68,564.

Total number of days all Dietary Change participants self-monitored (Qx. 2):

We used session self-monitoring data to calculate this answer (data as of 11/30/03).

- We counted the number of self-monitoring days reported (using data from Forms 63 and 64).
- To this number, we added an estimate of the number of days self-monitored before the study began tracking 'number of days' in 1997. For this estimate, we assumed that participants recorded 3 days for each self-monitoring tool submitted. We chose this number because we recommended participants self-monitor for 3 days at each session.

The total number of days self-monitored comes to 3,770,482. We divided this number by 365 (number of days in a year) to calculate the number of years this represents.

Number of fat grams, on average, each Dietary Change participant decreased her fat intake (Qx. 3):

We used FFQ data from DM-I participants to estimate this answer (data as of 8/31/03).

- Step 1: We calculated an average daily fat gram savings for each study year (Years 1 – 9). We did this by subtracting the mean total fat grams reported on the FFQ for the study year from the mean total fat grams reported on the FFQ at Baseline. Example:

$$[\text{Baseline mean total fat grams}] - [\text{Year 1 mean total fat grams}] = \text{Average daily fat grams saved during Year 1.}$$

- Step 2: We calculated an average yearly fat gram savings for each study year (Years 1 – 9). We did this by multiplying the average daily fat gram savings by 365.
- Step 3: We summed the yearly fat gram savings for each study year (Years 1 – 9).

On average, each Dietary Change participant decreased her fat intake by 103,917 grams. We divided this number by 4 (number of grams in a teaspoon of solid fat) to calculate the number of teaspoons this represents. We also divided this number by 454 (number of grams in a pound) to calculate the number of pounds this represents.

Total number of fruit and/or vegetable servings all Dietary Change participants ate (Qx. 4):

We used FFQ data from DM-I participants to estimate this answer (data as of 8/31/03).

- We used the mean fruit and vegetable servings reported on the FFQ as an estimate of daily fruit and/or vegetable servings. We multiplied the daily servings by 365 to estimate yearly servings. We estimated yearly servings for each study year (Years 1 – 9). We summed the yearly servings and multiplied that number by the number of participants (alive).

The total number of fruit and/or vegetable servings comes to 309,868,944. We divided this number by 256 (number of half-cup servings in a bushel) to calculate the number of bushels this represents.

Total number of grain servings all Dietary Change participants ate (Qx. 5):

We used FFQ data from DM-I participants to estimate this answer (data as of 8/31/03).

- We used the mean grain servings reported on the FFQ as an estimate of daily grain servings. We multiplied the daily servings by 365 to estimate yearly servings. We estimated yearly servings for each study year (Years 1 – 9). We summed the yearly servings and multiplied that number by the number of participants (alive).

The total number of grain servings comes to 270,024,887. We divided this number by 24 (an estimate of the number of slices in a loaf of bread) to calculate the number of loaves this represents.

Nutritionist Resource 2

Ideas for Optional Participant Tributes

This resource provides some example ideas for optional participant tributes. Use the ideas below (or develop your own) per the interests of your participants. Be mindful that we want all of the women to feel good about their participation and we want to acknowledge all participants.

Format

Select a format that will be meaningful for your participants and manageable for your clinical center's staffing configuration. Some ideas:

- Spoken tributes
- Written tributes (e.g., a personalized thank you note, a certificate, etc.)
- Write a tribute on paper and roll diploma-like; tie with ribbon

Content

Select content that acknowledges participant contributions to the WHI Dietary Study. Acknowledge the many different and valuable ways women have contributed – be creative! Attempt to congratulate every attendee in some way. Some ideas:


Acknowledge women for:

- Being a peer leader/coordinator
- Having gourmet/creative cooking skills
- Having a wonderful sense of humor
- Being a helper (for nutritionists and/or fellow participants)
- Being a cheer leader (for nutritionists and/or fellow participants)
- Being supportive (for nutritionists and/or fellow participants)
- Traveling long distances to sessions
- Driving other participants to sessions
- Surmounting obstacles in order to attend sessions (e.g., taking several buses)
- Continuing to attend sessions/participate after moving away from the clinic area
- Continuing to attend sessions/participate despite some kind of personal challenge
- Transferring from another CC to your CC.
- Coming up with creative ways to self-monitor
- Coming up with creative ways to use new/unfamiliar foods
- Bring a prepared or/purchased LF food (s) to share with group
- Arrange a make-up in advance of own group's session
- Perfect attendance or completion
- Returned to group sessions after not attending for a period of time
- Willingness to try new things
- Asking good questions

Optional - Offering participants a summary of their session participation:

- Offer participants a summary of their session participation as a way to recognize their contributions. WHILMA has been programmed to generate a WHI Dietary Change Session Summary for each participant. This 1-page summary (formatted to not look like a report) provides an overall snapshot of participation using data from the Individual Progress Report (WHIP0428). Refer to the WHILMA v. 54 (May 2004) Upgrade Notes for details.
- Offering participants the WHI Dietary Change Session Summary is completely optional – based on whether or not you think participants at your center will enjoy receiving it as part of their celebration.

Summer 2004 Reminder
(Electronic copy available)



Summer 2004 marks the end of
the WHI Dietary Change sessions...

We're having a party and
you're invited!

Date:

Time:

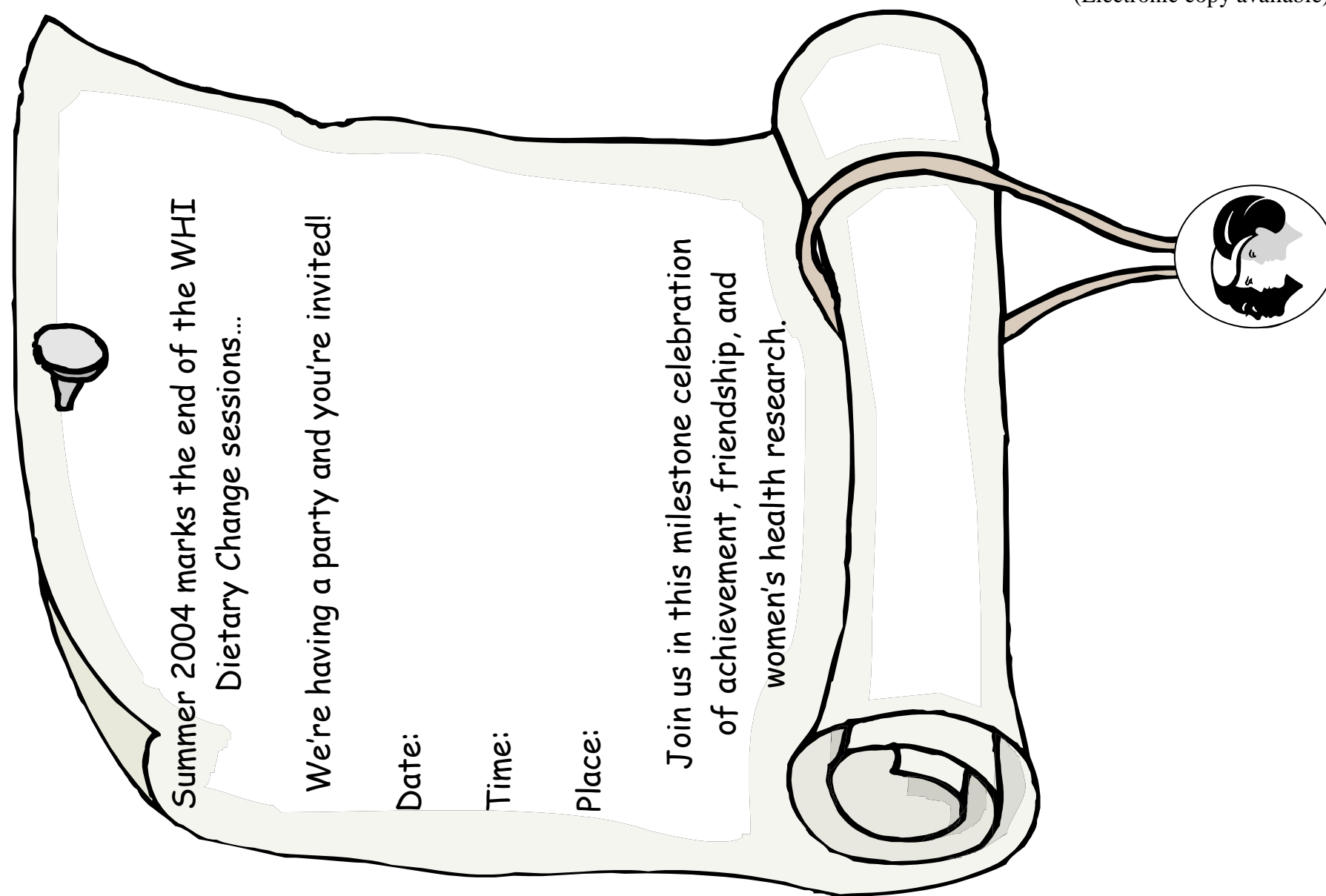
Place:



Join us in this milestone
celebration of achievement,
friendship, and
women's health research.



Summer 2004 Reminder
(Electronic copy available)



Cover Letter for Missed Summer 2004 Session
(Electronic copy available)

We missed you at the Summer 2004 session - '*Celebrating Your Investment in Women's Health*'.

This was our last Dietary Change group session. During this session, we distributed certificates that recognize the wonderful and enormous contributions that each of you made to the WHI Dietary Study. We shared some fun and remarkable facts that highlight a few of your many contributions to the study.

Since you were unable to attend our last group session, we want to take this opportunity to acknowledge your important role in the WHI Dietary Study and show our appreciation for your support and dedication. We have enclosed your certification of appreciation and a copy of the newsletter – *Celebrating Your Investment in Women's Health*. We hope that this newsletter helps you recognize your important role in the WHI Dietary Study and your ongoing contributions to women's health research.

As you read through the newsletter, consider how you might respond to the following questions:

- *What new things did you learn about your contributions to the WHI Dietary Study?*
- *What are some of your fondest memories about your participation in the WHI Dietary Study?*

Even though the Dietary Change sessions have ended, your important role in WHI continues. Help us bring the study to a successful end by completing your close-out visit.

Thank you for helping us find the answers to our research questions.

Summer 2004 Makeup
(Electronic copy available)

Women's Health Initiative

MAKE-UP FOR SUMMER 2004 GROUP SESSION

If you would like to complete this session by mail, please do the following activities:

1. Read the *Celebrating your Investment in Women's Health* newsletter.
 2. Answer the following questions:
 - What new things did you learn about your contributions to the WHI Dietary Study?
 - *What are your fondest memories about your participation in the WHI Dietary Study?*
-
-

3. Mail this page in the enclosed envelope. Please include any self-monitoring tools you completed in the last 3 months.

Thank you for taking time to be part of our last session. We appreciate your continued support in helping us find the answers to our research questions.