

2015

Happy
New Year!

Thank you for your commitment and continued participation in SELF.

Nearly 90% of you returned for your first follow-up, and nearly 30% of you have already completed your second follow-up visits. Again, thank you.

But we can't stop there. Encourage family and friends you may know who are in SELF to remain active with the study. If you missed the first follow-up, get in on the next.

Call us toll free at
1-877-692-SELF (7353)
or send an email to
Questions@DetroitSELF.org

*Wishing you the
very best for 2015!*

SELF STUDY OF
ENVIRONMENT,
LIFESTYLE & FIBROIDS



January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
				1	2	3	4
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19	20	21	22	23	24	25	
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May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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3	4	5	6	7	8	9
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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28	29	30				

July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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August

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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6	7	8	9	10	11	12
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20	21	22	23	24	25	26
27	28	29	30			

October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

2015

Update your contact information anytime at DetroitSELF.org or 1-877-692-SELF

