

**College of Nursing  
University of Saskatchewan**



**PARTICIPANTS NEEDED FOR  
RESEARCH IN MINDFULNESS-BASED  
INTERVENTIONS**

We are looking for volunteers to take part in a study of the 30-day mindfulness challenge.

As a participant in the 30-day challenge, you will be asked to provide feedback on your experiences in an online survey.

Your participation would involve one (1) online session, which can be completed at your convenience.

The online survey will take approximately 15 minutes.

In appreciation for your time, you can choose to enter into a gift card draw upon the completion of the survey.

For more information about this study, please contact:  
Sara Belton, RN, PhD, College of Nursing  
at 306-966-8636 or email: [sara.belton@usask.ca](mailto:sara.belton@usask.ca)

Online survey found at: <https://www.surveymonkey.ca/r/mindfulnesshealthcaresk>

**This study has been reviewed by, and received approval through, the Research Ethics Office, University of Saskatchewan.**



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