

# The SEAMLESS Study

A smartphone app-based mindfulness intervention for cancer survivors

## ELIGIBILITY

- Any type of cancer (stage I- IV)
- Completed primary treatment
- Interested in mindfulness

Complete this study from the comfort of your own home!

PI: Dr. Linda E. Carlson

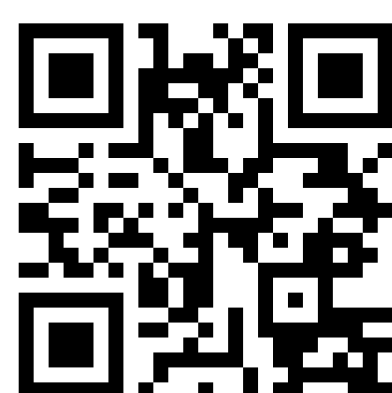
Psychosocial Oncology  
Tom Baker Cancer Center

## Contact Us

RA: Tina Nguyen

tina.nguyen3@ahs.ca

403-355-3218



<https://seamless-study.ca/>

