

The **SEAMLESS** Study: a SmartphonE App-based MindfuLnEss intervention for cancer SurvivorS

What is this study?

To investigate the effectiveness of the app *Mindfulness-Based Cancer Survivorship (MBCS) Journey* for people living with cancer

Who can participate?

People with any type of cancer (stage I-IV) who have completed their primary treatment

What is involved?

Participate in the 4 week MBCS Journey program, fill out online assessments at various time points.

Contact us!

Research Coordinator

Tina Nguyen
403-355-3218
tina.nguyen3@ahs.ca

Principal Investigator

Dr. Linda E. Carlson
l.carlson@ucalgary.ca



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

**Participate from the comfort of your own
home, free of charge!**

Participation is private & confidential!