Online mindfulness training for adults over 60 years old

Sign up to participate in a research study examining the effects of mindfulness training on:

✓ Cognitive abilities
✓ Well-Being
✓ Physical Health

PARTICIPATION

This research study involves:

✓ 4-week mindfulness training
✓ 3, 1-hour assessments
✓ 8, 30-min weekly surveys

COMPENSATION

Up to $70 for completing all assessments and surveys ($10/hour)

FOR MORE INFORMATION PLEASE CONTACT THE JHA LAB AT THE UNIVERSITY OF MIAMI TODAY!

email: mt.connect.now@gmail.com
phone: 305-284-8148