



**Are you aware that 1 out of 10 older adults in Canada report feelings of loneliness and isolation?**

**Have you been feeling lonely?**

**You may be eligible to take part in a virtual program that may be beneficial for your brain health.**

- Are you 60 years old or older, live in **Ontario**, and are generally in good health?
- Do you sometimes feel that you lack companionship, feel left out, or feel isolated from others?
- Are you comfortable using your smartphone/tablet, computer, and your internet at home?

**If you said yes to all the above, you may be eligible for the Mitigating Loneliness in Older Adults (MiLOA) research study.**

## **What does this study involve?**

After a screening visit, eligible participants will be assigned to a **mindfulness meditation** program or a **brain training** program using a random process like a flip of a coin. Both programs will involve using an app on the participants own smartphone or tablet over 8 weeks. Participants will be asked to complete between 6 and 11 sessions per week, with sessions ranging 5-15 minutes. Participants will retain access to the program for another 16 weeks thereafter, during which they may choose how often to use it. A total of 5 virtual sessions and intermittent surveys will assess immediate and longer-term impacts of the two virtual programs. Compensation will be provided. The study has received clearance from the Baycrest Research Ethics Board and the McMaster Research Ethics Board.

**Interested? Contact us to learn more:**



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***We look forward to hearing from you!***