



Thank you for downloading and reading [Cooking up calm](#) a resource created from the RTOERO Foundation-funded project Mentally Healthy Living After Social Distancing—A Study of Older Canadians.

The Living Well Research Team are excited to learn from you through an anonymous, short e-survey. They are interested in how you use *Cooking up calm*, and how it has helped you and might help other people. Your feedback is important in ensuring *Cooking up calm* is relevant and used by as many people as possible. Please read the Study Information/Implied Consent Letter attached to this email first. If you choose to take part in the survey, it will take you about 10-15 minutes to complete. The survey will close on February 28 at midnight.

Should you have any questions or concerns about the study or the study survey, please contact the primary researcher at the University of Alberta Faculty of Nursing, Dr. Gail Low (email: gail.low@ualberta.ca).

Thank you for your feedback.

You can access this one-time survey using the Survey Link or the QR code:
https://ualbertauw.qualtrics.com/jfe/form/SV_0jQayGzDe8WFkI6

