

Mindfulness Walking Intervention to Enhance Resilience (iWalk)

NCT07285954

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Illinois at Urbana-Champaign
Enrollment	90 participants

Key Eligibility Criteria

Inclusion (12)

- years or older,
 - clinical diagnosis of a neurodegenerative disease such as multiple sclerosis, Alzheimer's disease, Parkinson's disease, stroke, etc.,
 - have not practiced meditation regularly (e.g., 10 mins per day) and have never attended any meditation classes or community programs,
 - never received meditation training via coaching/certification/life coaching,
 - have internet access,
- ... and 7 more (see full listing online)

Exclusion (1)

- Participants who cannot speak, read, write, or listen in English.

Locations (1 total)

University of Illinois Urbana-Champaign, Urbana, Illinois, United States