Join us for an online virtual music-based wellness workshop as a part of a research study. One-time attendance, with multiple workshop dates available. Music-based respite care will be made available for your loved one!

**Who is eligible?**
- Do you take care of an adult (age 50 years or older),
- with a variety of living, medical and/or financial needs,
- for at least 5 hours a week for at least the past 3 months,
- receive no financial compensation for your assistance,
- have access to a computer or other electronic device with internet access?

Then you are considered an informal caregiver and are eligible to participate!

**What will happen during the research?**
Participants will receive a virtual video-conferencing link to take part in a 45 minute workshop that includes an experiential relaxation with music, lasting about 20 minutes. Individuals will then participate in a discussion about how to use the techniques at home and will be given an electronic resource of the relaxation used in the workshop via email. Participants will fill out some brief paperwork electronically at the start and end of the workshop and will then be contacted two weeks later by phone or email for a few more questionnaires.

After taking part in the workshop and being contacted two weeks later, individuals will receive a $25 Visa giftcard.

Contact the primary investigator to register for the workshop and receive the video conferencing link.

If you have any questions please contact the primary investigator:
Adrienne C. Steiner, PhD, MT-BC
Steiner19@ecu.edu
252-328-4277

If you have questions about your rights as someone taking part in research, you may call the University & Medical Center Institutional Review Board (UMCIRB) at phone number 252-744-2914 (days, 8:00 am-5:00 pm). If you would like to report a complaint or concern about this research study, you may call the Director for Human Research Protections, at 252-744-2914. Individuals requesting accommodation under the Americans with Disabilities Act (ADA) should contact the ADA Coordinator at least 48 hours prior to the event at 252-737-1018 / ada-coordinator@ecu.edu.