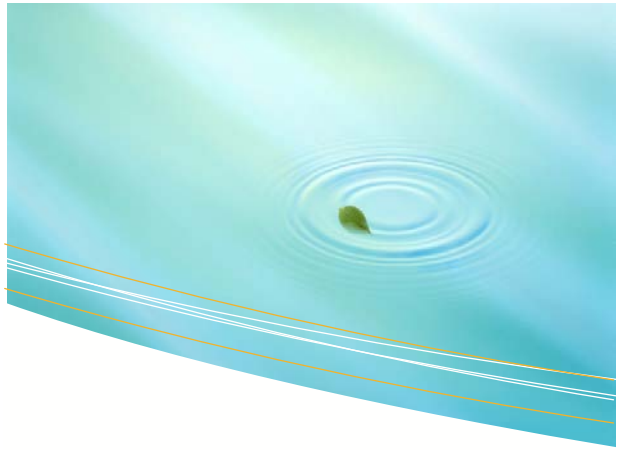

We hope that you will decide to participate in this important research study.

The purpose of this study is to test an 8-week stress reduction program that is intended to reduce stress and improve the quality of life in patients who have been diagnosed with prostate cancer, kidney cancer, or bladder cancer. Patients' spouses/ partners are asked to participate as well. This study is being done in conjunction with Northwestern University.

- Participating in this study will not change the care you receive from your doctors and nurses.
- There is no cost to you.
- You may choose to discontinue your participation in the study at any time.

For more information:

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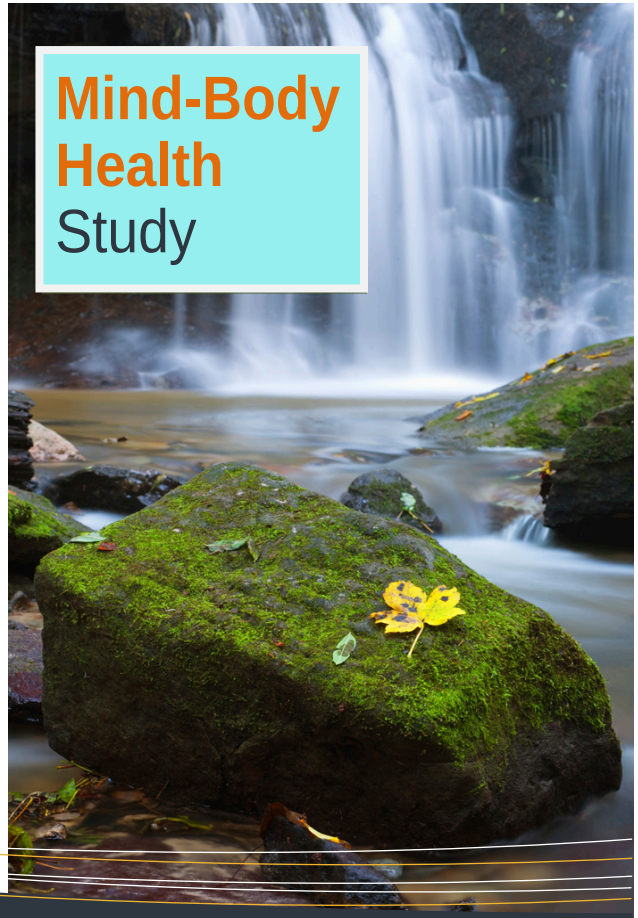

Mind-Body Health Study

This study provides group-based, stress reduction therapy to support patients and their loved ones after cancer diagnosis.

Please read this brochure and consider taking part in our study.

STUDY PROCEDURES

All participants in the study will take part in an 8-week class, which will include guidance in meditation, gentle yoga, and other stress reduction techniques. We will meet once a week for two hours each time and a meal will be provided. Homework will consist of listening to a 30-40 minute guided relaxation CD daily. Additionally, after the 5th week of the program, there will be a one-time, five-hour session in which participants will engage in a mini "retreat."

VOLUNTARY

Your participation in this study is voluntary. You may choose not to answer any questions or participate in activities that make you feel uncomfortable.

What happens after the class?

After completing the program, you will be assigned randomly to one of three groups:

GROUP A

Group A will receive four months of weekly, specific text messages or e-mails related to the course teachings.

GROUP B

Group B will receive four months of weekly, general health tips via text messages or e-mails.

GROUP C

Group C will NOT receive supportive text messages or e-mails.

CONFIDENTIALITY

Your privacy will be protected to the maximum extent allowable by law. Only codes will be used to identify the data collection forms. Only the research team and the Institutional Review Board (IRB) will have access to the surveys and study materials.

QUESTIONNAIRES

You will be asked to complete questionnaires about your health, anxiety and state of mind at four different times throughout the study. The questionnaires are completed using an online assessment system.

BLOOD SAMPLES

We will collect blood samples at three different times throughout the study. Blood will be collected using the "fingerstick" technique in which a device called a lancet is used to prick your skin in order to obtain drops of blood.

VITAL SIGNS

We will record your pulse, and blood pressure at three different times throughout the study. Height and weight will be recorded at the start of study only.