

**Learning Activity:**

<b>LEARNING OBJECTIVES</b>	<b>EXPANDED CONTENT OUTLINE</b>
Define mindfulness	We will present what mindfulness is and distinguish it from other holistic modalities
Identify rationale for using mindfulness in patients with chronic cardiovascular disease	We will present the literature on mindfulness and its effectiveness in chronic illness focusing particularly on cardiovascular conditions. In addition, we will identify why this modality was chosen to use in this particular population.
Describe the methods and protocol used in this pilot study	In this section we will outline the mindfulness training and the protocol for the study as well as discuss some of the challenges we faced both recruiting, implementing and following up with the longitudinal design.
Discuss the results of the presented study on the effect of mindfulness in outcomes in cardiac rehabilitation participants	Results from the pilot will be presented, either in part (Data for the time periods complete at that time) or in total if the last group has completed the 24 week data collection