If so, we invite you to join a research study where you will receive either health promotion education or mindfulness training, as well as information on hypertension (high blood pressure).

To be eligible for this research study, you must be:

- Over 21 years of age.
- Diagnosis of hypertension for at least 6 months.
- Prescribed at least one medication for blood pressure control.
- Having challenges with maintaining lifestyle changes for blood pressure control (low adherence to proper diet, exercise, and medication).
- Not regularly practicing mindfulness/meditation in the last 6 months.
- Not currently enrolled in a structured diet program (e.g., Weight Watchers).
- Not on hemodialysis.
- Not on chemotherapy.
- Not have current substance (drugs and alcohol) abuse problem.
- Not have severe anxiety, depression, and PTSD.
- Not pregnant.

What does this study involve?

- At the start, you will receive:
  - A 5-minute phone call to determine your eligibility for the study.
- Attend a ~60-minute hypertension lifestyle management class.
- You will be randomly assigned to receive either health promotion or mindfulness training. You will attend weekly 1 to 2-hour group sessions for 6 weeks (health promotion or mindfulness).
- You will be provided with a blood pressure monitor to take readings at home.
- You will be provided with educational materials for hypertension self-management.
- Complete weekly questionnaires (20 minutes) at home for 12 weeks.
- A follow-up in-person interview (12 weeks after the start of training).

Participation in this study is voluntary. Your participation in this research study does not replace your current treatment. If you do not meet all eligibility requirement, you will not be able to participate in this research study. The education and training are free of charge (normally $185). Bus or parking vouchers will be provided.

Principal Investigator: Eunjoo An, MSN, RN

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Email ean@ucla.edu or call 213-290-4326 (voicemail or text) if you are interested.