Would you like to learn how to better manage your blood pressure?

If so, we invite you to join a research study where you will receive either the Health Promotion Program or the Mindful Awareness Program, as well as information on managing your hypertension (high blood pressure).

To be eligible for this research study, you must be:
✓ Over 21 years of age.
✓ Have elevated blood pressure or higher as defined by new guidelines.
✓ Having challenges with maintaining lifestyle changes for blood pressure control
✓ Not regularly practicing mindfulness/meditation in the last 6 months.
✓ Not currently enrolled in a structured diet program (e.g., Weight Watchers).
✓ Not on hemodilaysis.
✓ Not on chemotherapy.
✓ Not have current substance (drugs and alcohol) abuse problem.
✓ Not have severe anxiety, depression, or PTSD.
✓ Not pregnant.

What does this study involve?
✓ At the start, you will receive:
  o A 5-minute phone call to determine your eligibility for the study.
  o A 1-hour in-person interview to fill-out baseline questionnaire, to take blood pressure measurement, and to receive high blood pressure management information.
✓ You will be randomly assigned to receive either the Health Promotion Program or the Mindful Awareness Program. You will attend weekly 1 to 2-hour group classes for 6 weeks (Health Promotion Program or Mindful Awareness Program).
✓ You will be provided with a blood pressure monitor to take readings at home.
✓ Complete weekly questionnaires (~10 minutes) 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 requirements, you will not be able to participate in this research study. The education and training are free of charge (normally $200). Bus or parking vouchers will be provided.