

Program Objectives:

1. To increase the knowledge of participants about the effects of stress on cardiac health through education by the end of the program.
2. To increase knowledge of CAM stress management strategies of participants through education by the end of the program.
3. To change attitudes of participants about benefits of CAM stress management strategies through experiential by the end of the program.
4. To increase participant consistent use of CAM stress management strategies by 50% by the end of the program.
5. To decrease reported stress by 2 points on a 10-point Likert-type scale by the end of the program.
6. To decrease secondary cardiac events by participants by 20% by the end of 2027.