

*Are you interested in becoming more physically active through walking?*



**Mindful Steps** is a 15-month research program for people with **COPD** and/or **CHF**

### People who take part may receive:

- Access to a 1-year online intervention that promotes physical activity and daily walking
- Online mind-body exercise classes
- Up to \$200 in compensation!

**Ask your doctor if Mindful Steps is right for you!**

To learn more, contact:

**[MindfulSteps@bidmc.harvard.edu](mailto:MindfulSteps@bidmc.harvard.edu)**



National Center for  
Complementary and  
Integrative Health

Beth Israel Deaconess  
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