

Targeting Exercise Fear and Avoidance in Cardiac Rehabilitation

presented by

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ZOOM**

Learning Objectives: *As a result of participating in this Live Activity, participants should be able to:*

- 1 Understand how fear and avoidance can undermine exercise engagement*
- 2 Identify behaviors associated with exercise avoidance*
- 3 Identify behaviors associated with exercise avoidance*

Accreditation Statement: In support of improving patient care, Hartford HealthCare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

Credit Designation Statement: Hartford Healthcare designates this Live Activity for 1.00 *AMA PRA Category 1 Credit(s)*[™]. Physicians should only claim credit commensurate with their participation. This activity is approved for 1.00 ANCC contact hour(s).

Financial Disclosures:

- Samantha G Farris, PhD: Nothing to disclose - 09/12/2022
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