

Explore the Benefits of Meditation



Feeling stressed out? Having a hard time focusing?

Meditation is a means of connecting with yourself and can help to:

- **Lower blood pressure**
- **Decrease tension-related pain**
- **Increase energy**
- **Increase happiness**
- **Reduce anxiety**
- **Improve the immune system**
- **Increase creativity**
- **Sharpen your mind**

Additionally, research on meditation at work suggests that meditation sharpens skills like clarity, focus and productivity.

Dr. Toni LaSala, PhD, will discuss various forms of meditation from ancient healing traditions of the East to contemporary Western practices. She will also give you options for how to meditate at work.

The Office of Human Resources
Invites you to a
LUNCH & LEARN Seminar
Explore the Benefits of Meditation
presented by:
Dr. Toni LaSala
Department of Kinesiology

Where: University Commons
Student Center Room 216
Date: October 7, 2016
Time 12:00pm—1:00pm

Please RSVP via email to HUMANRESOURCES@wpunj.edu.
For questions, please contact us via email or call us at extension 2887.