



Relaxation, meditation, healing and spiritual fulfillment are all part of what you can feel while drumming.

Come join us to learn and experience first hand this therapeutic exercise, and see how drumming can also help alleviate stress.

The Office of Human Resources

Invites you to a

LUNCH & LEARN Seminar

Drum Circle

presented by:

Tommy Hayes, Drum Circle Facilitator



SAVE THE DATE!

When: Monday, April 16, 2018

Where: University Commons, Speert Hall, Room 171B

Time: 12:00 PM to 1:00 PM



Please RSVP via email to HUMANRESOURCES@wpunj.edu.

For questions, please contact us via email or call us at extension 2887.



“Bring a Buddy & your Brown Bag”

