

VETERANS, having problems dealing with stress?

Finding it hard to concentrate?

Unable to fall asleep or stay asleep?

Try Phone-based Mindfulness Meditation!

No equipment needed! No experience needed! Only a willingness to try!

MINDFULNESS MEDITATION

is an evidenced-based, VA-supported mind-body technique that helps you face the challenges and stressors of everyday life.

Research has shown a connection between your mind and your body that can be used to improve health. When your mind is relaxed and focused on healing, your body can relax and focus on healing too. Meditation can be safely used in conjunction with other medical treatments such as prescribed medication or exercise.

Mindfulness Meditation teaches acceptance and awareness of what's going on around you as well as what's going on inside of you. It has been effective in treating health conditions such as insomnia, anxiety, high blood pressure, chronic pain and PTSD.

Mindfulness Meditation can be practiced sitting down, lying down, stretching, eating, even while walking the dog!

MINDFUL MEDITATION CLASSES are currently offered weekly to Veterans. Take any or all classes! We encourage you to take as many as you can!

DATES: CURRENTLY OFFERED ON EACH FRIDAY AFTERNOON

MARCH - JUNE 2020 Schedule

- MARCH 20th & 27th
- APRIL 3rd, 10th, 17th & 24th
- MAY 1st, 8th, 15th, 22nd & 29th
- JUNE 5th, 12th, 19th & 26th

TIME: 11am – 12 noon, Eastern Standard Time (EST)
10am – 11am, Central Standard Time (CST)
9am – 10am, Mountain Standard Time (MST)
8am – 9am, Pacific Standard Time (PST)

LOCATION: This class will be offered via telephone using a toll free number:
1-800-767-1750 with Access Code 54220#

FACILITATOR:

Lauren St. Hill, MSW, LSW, Health Science Specialist, New Jersey War Related Illness & Injury Study Center (WRIISC) and Department of Mental Health Research and Program Development

NO REGISTRATION REQUIRED. FOR MORE INFORMATION:

Call Debbie Skeete-Bernard at
1-973-676-1000, extension 2714.

LEARN about our other **Phone-based Meditation Class on Yoga Sleep (iRest®)** at:

<https://www.WarRelatedIllness.va.gov/clinical/integrative-health/ca/WRIISC-What-is-Yoga-Nidra-Meditation.pdf>

FOR MORE INFORMATION: Email Julia Tang at julia.tang@va.gov or call her at 1-650-493-5000 ext. 64147.