



HR Training
and Professional
Development
Presents an Employee
Wellness Initiative



*A Better Way to Live:
Controlling Stress With Meditation*

Part Two

~~~ A 4 Week "Deepening" Meditation Class ~~~

Enhance your meditation skills by practicing "moment to moment attention" in silent communion with others. Gain more practical tips and suggestions for alleviating stress and learning how to incorporate meditation into your daily life. This process will help you to become clear about your direction, values, priorities and health. Staff employees and faculty who have meditated before are welcome to attend.

- *Class meets on Tuesdays: January 6, 13, 20, 27, 2009*
- *Sessions are one day a week, 2 hours from 5:30pm – 7:30pm*
- *Location: ** Room 310B Student Center ***
- *Facilitator: Martha Kimball, CSW, ACSW, BCD*

*Enrollment is free!! To register for this program, go to hr_tpd@emich.edu (hr underscore tpd...). Enrollment space is limited, so sign up early to reserve your seat!! *Dress in layers to ensure your comfort. Registration deadline is Tuesday, December 23, 2008. For more information about this class, contact Pat Harris in Human Resources at 7.3430 or pharris@emich.edu.*

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