VETERANS, having difficulty dealing with stress?

Feeling frustrated? Trouble coping?

Try Phone-based Mindfulness Meditation

Join us to learn what it's about!

MINDFULNESS MEDITATION
is an evidenced–based, VA-supported mind-body technique that can help you to better manage the challenges and stressors of everyday life.

Mindfulness Meditation teaches awareness of what's going on around you as well as what's going on inside of you, and acceptance of whatever shows up. 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!

Meditation can be safely used in conjunction with mental health and medical treatments such as prescribed medication or exercise, however, this class is not intended to serve as mental health treatment.

Please discuss the class topic with your provider prior to participating to ensure they are aware and can discuss any physical and/or mental health concerns.

UPCOMING MINDFULNESS MEDITATION CLASSES

Take any or all classes!

2021 DATES:

- March 19th
- April 2nd and 16th
- May 7th and 21st
- June 4th and 18th

TIME:

11am – 12 noon, Eastern Standard Time (EST)

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:

E-mail NJWRIISCEDTEAM@va.gov.

FOR INFORMATION about our other Phone-based Meditation Class on Yoga Sleep (iRest®) email Carolyn Fenno at Carolyn.fenno@va.gov or call her at 650-785-6661.

VETERANS, prior to participating in this or any educational class please discuss the class topic with your providers to ensure they are aware and can discuss any physical and/or mental health concerns. The WRIISC promotes collaboration and communication between Veterans and their providers. If you are experiencing a mental health issue, please do not hesitate to call National Veterans Crisis Line 1-800-273-8255 option 1, confidential crisis chat: http://www.veteranscrisisline.net or text: 838255. If a medical emergency occurs, call 911 or go to your nearest emergency room.

WRIISC
War Related Illness & Injury Study Center

VA
U.S. Department of Veterans Affairs
Veterans Health Administration
Patient Care Services