Learn to Manage Stress through Meditation
with Regina Kelly Ph.D., APRN

Healthy PSU is sponsoring a 4-week series for faculty and staff* interested in learning how to meditate! Gina will introduce a variety of ways to use meditation to become “stress resilient”, to increase happiness, decrease suffering and enjoy life more fully.

- Each session will include a brief talk/discussion followed by a relaxation and meditation experience.
- Each week will introduce a different type of meditation!
- If you are ready to adopt a new practice to improve health, this workshop series is for you!

Tuesdays, October 25-November 15
11:30 - 12:20 pm
Frost Commons Lounge

 Reserve your seat: healthy-psu@plymouth.edu

*Workshops are at no cost to faculty and staff