

**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!

**TWO MINDFUL MEDITATION CLASSES** will be offered monthly to Veterans; one topic the first two Fridays of each month. Take any or all classes! We encourage you to take as many as you can!

### **SEPTEMBER – DECEMBER 2018 DATES:**

- September 7<sup>th</sup> and 14<sup>th</sup> Mindful Body Scan
- October 5<sup>th</sup> and 12<sup>th</sup> Mindful Movement
- November 2<sup>nd</sup> and 9<sup>th</sup> Mindful Sitting with Breath
- December 7<sup>th</sup> and 14<sup>th</sup> Mindful Body Scan

**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:** Doreen Korn RN, MA, AHN-BC, HWNC-BC Integrative Health Coordinator and War Related Illness and Injury Study Center (WRIISC) Educator, VANJHCS

**NO REGISTRATION REQUIRED.**

### **FOR MORE INFORMATION:**

Call Debbie Skeete-Bernard, RN, MSN 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 Louise Mahoney at [louise.mahoney2@va.gov](mailto:louise.mahoney2@va.gov) or call her at 1-650-815-9463.